

CENTERCOURT'S PERFORMANCE TRAINING INSTITUTE HIGH SCHOOL TEAM TRAINING PROGRAM



A Dedicated Team, Dedicated To Your Team.

Centercourt offers a full range of team strength and conditioning programs built specifically for your team. Our staff of Certified Strength and Conditioning Coaches will build a program designed for your team's needs. Whether you are looking for pre-season, in-season or post-season training, we will customize a program to fit.

What separates us from in-school or private coaching:

- Programs designed for one team in mind
- Specific work for athletes to help reduce potential injuries
- Training in a team environment builds team spirit
- Our 15,000 sqft training facility allows your team to train for any athletic endeavor
 - Strength training
 - Speed agility and quickness
 - Aerobic and Anaerobic conditioning
 - Recovery
- Our team of Certified Strength and Conditioning Coaches allows you to have your athletes train with peace of mind knowing they are getting top tier coaching.

Packaging and pricing on request. Please contact Tim Clifford, tim@centercourtclub.com, 570-466-9106.



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