

# Summer Speed & Strength

## Sports Specific Training Programs

### Who

Athletes grades 6-12

### Price

\$250/month

Group rate available

### When

8 week program

Monday—Thursday

June 4th—August 2nd

Week of July 4th off

11:00-12:30

### Location

Suwanee Sports Academy

3640 Burnette Rd.

Suwanee, Ga 30024

### Contact Info

Jeff Kearse MS, CSCS, CFL1

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770-367-8437(c)

**Peak Performance and Personal Training is offering you the opportunity to have a professionally designed and monitored comprehensive strength and conditioning program this summer!**

**Want To be a better athlete? Get Stronger**

**Want to throw harder? Get Stronger**

**Want to get faster? Get Stronger**

**Want to jump higher? Get Stronger**

**Want to prevent injury? Get Stronger**

**Our programs are scientifically designed with the proper progressions to maximize your results. Coach Jeff has a Masters degree in exercise physiology and over 20 years experience as a strength and conditioning coach with a wide variety of sports on amateur, collegiate and professional levels. He will assist you with proper lifting technique and program adjustments on a daily basis.**

**Next season's success is determined by what you do in the off season! Come get faster and stronger with us!**

SUWANEE  
**SPORTS ACADEMY**  
EMPOWERING THE WHOLE PLAYER