

**" This is the Only Speed and Power program Offered in Utah County!"**

**SpeedNPower.Com**  
**SPEED, AGILITY & QUICKNESS TRAINING**  
**Develop the EDGE you need to Succeed!**



Athletic teams and parents recognize the importance of their athletes having an **EDGE** on their competitors: This EDGE can make the difference between:

- Losing or Winning
- Sitting the bench or Starting
- Paying for college or getting the Scholarships

Our Training program is geared toward the following sports: Soccer , Football , Softball , Basketball and Baseball

**Speed and Power Program Benefits:**

- Explosiveness
- Enhance Overall Athletic Ability
- Increase Physical Endurance
- Acceleration Techniques
- Faster Starts off the Line /First Step
- Balance and Coordination
- Sprint Technique and Mechanics
- Flexibility and Range of Motion
- Overall Conditioning

With innovative training techniques, we train athletes to develop that edge they need to stay ahead of their competitors. They develop the responsiveness an ability to perform with rapid, decisive and sustainable speed and power. Anytime. Anywhere.

**Athletes with an EDGE will**

- Develop speed and power BEFORE the season starts
- Stay in shape during the season AND off season
- Always be prepared mentally and physically

**Targeted age groups 10-18**

**Tue-Thru 6:30-7:30 pm**  
**Saturday 10-11:15 am**

**Location TBA**

**Team and Group Discount Rates Available.**

**Limited Number of Openings – Register early!**



**Program Director**  
**Sean Maye M.S.**

**Certified Elite Speed /Power and Conditioning Coach**  
**2- time US TEAM Member**  
**Two Time Gold Medalist**

**Summer Open Registration:**  
**Register By email:**  
**[smaye@goldmedalathletics.com](mailto:smaye@goldmedalathletics.com)**

**\*Please include the following information: athlete's name, phone number, sport, preferred day for training and other information you find pertinent.\***

**" Sean is so eager and excited to train young athletes and that is what made all the difference. Every session we had, he was right there next to me, studying every inch of my performance and pushing me to do my best - EVERY TIME. Sean is a superior coach with a superior program, if you want to be a superior athlete this is your chance." Ben Westman**