



Xtreme Speed is a sports performance program designed to dramatically improve the overall athletic ability in each participant. We provide an excellent opportunity for all athletes to develop key skills such as speed, agility, strength, and jumping ability. In our sports performance program, your athlete will train in a positive, highly structured environment that will enable them to achieve a higher level of performance. It is common belief that a person is either born with “the gift” of athletic ability or they don’t have it at all. Through proven innovative training techniques, every athlete CAN run faster, jump higher and become stronger.

Sid Bright

Sid founded Xtreme Speed Human Performance Center in 2003 and currently serves as its Director. He has over twenty years of experience in the strength and conditioning field Sid held positions at Texas Tech University as an assistant head strength and conditioning coach, assisting winning teams from the 1993 Lady Raiders National Championship team to working with the Tech football program that made several bowl appearances. He also served as the strength and conditioning coordinator for Covenant Health Systems, Sports Medicine Department. Sid has made valuable contributions to thousands of individual athletes through his strength and conditioning programs. Sid has a Bachelors of Science, Physical Education from Lubbock Christian University, Lubbock, Texas and a Master of Education, Scientific Basis of Exercise from Texas Tech University, Lubbock, Texas. He is a member of the National Strength and Conditioning Association and has earned their highest level of certification: Certified Strength and Conditioning Specialist (CSCS).

Xtreme Speed General Information

- Program begins September 1st and athletes can train year-round
- Age of athlete 10 & Up, Boys & Girls **(all training is age-appropriate)**
- Adult classes offered (Call for times)
- All classes are 1 hour in duration
- Train up to 3 times each week
- Register at Premier Sportsplex, 9000 Memphis Ave., 771-4263
- We offer 2 programs: Speed & Agility and Jump & Agility
- FREE Trial Class every Saturday morning at 9:30am



Speed & Agility (Football, Baseball, Softball, Soccer, Track, & All Athletes age 10 & 11)

This program focuses on every aspect of physical performance. Complements any ongoing conditioning program in which an athlete may already be participating. This is a great program for the young athlete, and will incorporate the essentials of speed training which are:

- Dynamic Flexibility
- Muscular Balance
- Proper Running Mechanics
- Acceleration/Deceleration
- Maximum Velocity
- Starting Technique
- First Step Quickness
- Change of Direction
- Multidirectional Movements
- Core Control
- Functional Strength

Speed & Agility Training Times -- Mon & Wed - 4pm, 5pm, 6pm, 7pm

Tues & Thurs - 4pm, 6pm

Fri - 4pm, 5pm

Sat - 11am

Jump & Agility (Basketball, Volleyball, Tennis, Goal Keepers)

This program focuses on an athlete's jumping ability, agility and overall physical performance and will incorporate the essentials of jump training which are:

- Dynamic Flexibility
- Muscular Balance
- Vertical Power
- Acceleration/Deceleration
- First Step Quickness
- Reaction Speed
- Multidirectional Movements
- Core Control
- Functional Strength

Jump & Agility Training Times -- Tues & Thurs - 5pm, 7pm

Sat - 12pm

Training Cost

Individual & Group Fees

Individual athlete \$120.00 per month

A group of 10 athletes \$100.00 per month

1. A minimum of 2 months
2. All athletes must sign up within 7 days

A group of 20 athletes \$80.00 per month

1. A minimum of 2 months
2. All athletes must sign up within 7 days

Pre Paid Fees

Individual athlete 6 months \$600 (\$100 per month – savings of \$120)

Individual athlete 12 months \$960 (\$80 per month – savings of \$480)

Sibling Fees

1st Child - \$120 per month

2nd Child - \$100 per month

3rd Child - \$80 per month

4th Child - Free