



**MAXIMUS**  
PERFORMANCE

## TEAM DRYLAND TRAINING PROGRAMS

Maximus Performance is pleased to offer a dryland training program to help teams of all sports improve their speed, agility, mobility, and core strength through track and field training. Our training is packed with fun, challenging drills designed to improve athlete's mechanics and body positioning, helping your team be faster, and stay healthier.

## WHO CAN TRAIN WITH US?

We pride ourselves on working with athletes of all ages across many athletic disciplines, and are excited to work with any driven, motivated team. We will custom design your team's training program based on team age, skill level, and sport.

## WHY TRAIN WITH US?

- Develop your team in a positive, supportive, and motivational environment, under the guidance of world-class track athletes
- Learn correct sprinting fundamentals, improving athlete's acceleration and maximum velocity

## COST

\$150/session (teams of up to 15 athletes); each session is one hour; minimum team commitment is five sessions.

## CONTACT

Email [info@maximusperformance.ca](mailto:info@maximusperformance.ca) for bookings, or visit our website at [www.maximusperformance.ca](http://www.maximusperformance.ca).



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