



Now Offering Team Training

Sport-Specific Speed, Agility, and Strength Training

Introductory team pricing starting at **\$199** per session
(\$20 per athlete per session)

Baseball Football Softball Lacrosse Soccer Wrestling

**I
M
P
R
O
V
E**

SPEED

AGILITY

FLEXIBILITY

STRENGTH

EXPLOSIVENESS

RUNNING FORM

FOOTWORK

CONFIDENCE

OVERALL FITNESS

"We started the season playing like a team, we were in better shape, we saw fewer injuries, and we were more prepared athletically. The benefits of team training at TDS were very evident. Our coaches were able to focus on *coaching* the players, not conditioning them."

-John Brown, 13U Braves Baseball Club



Available Monday, Wednesday and Friday from 6-8 pm

404.355.9700

www.topdogsports.com