



Six1Five is Proud to Partner with MSC

MSC athletes can take their game to another level with performance training at Six1Five. MSC has partnered with Six1Five to provide the club a 10% discount on their Speed or Strength classes.

Speed Training

Designed to create more efficient runners in linear and lateral movements, the program includes:

Proper Form & Technique

Agility & Quick Feet Drills

Plyometrics

Strength Training

Athletes play in explosive movements so we train with explosive movements to properly prepare them for competition:

Age Appropriate Training

Emphasis on Form

Customized Program for HS+

Soccer Strength & Agility Class Available (Limited Availability-please email to register)

615SportsTraining.com info@615sportstraining.com