



TITUS
SPORTS ACADEMY®

Junior Raiders Football Performance Training

The goal of Titus Speed-Strength Training is to teach the methods and exercises necessary to bring out an athlete's full performance potential and improve the psychological capacity of each athlete. Our training system focuses on increasing an athlete's total body explosiveness, ability to run faster, jump higher, throw further, increase change of direction efficiency and improve speed endurance. Training to be fast and explosive requires a high level of effort that is based on maximum focus and concentration. Therefore, Titus has a balanced approach of athletic assessment, evaluation, and planning that gives all athletes, in any sport, the chance to improve their performance.

Physical Quality Development

Titus training methods focus on athletes being able to execute various resistance training, plyometric and medicine ball exercises correctly. Instruction includes proper sprint mechanics and various foot quickness drills which lead to better coordination and balance, necessities for fundamental movement in athletics. Titus uses exercises and movements that will safely increase the efficiency of the body's physiological and psychological processes for sport. Workouts will also provide for introducing, implementing and coordinating a program that can aid in continual development in total body conditioning. Within every workout the following physical qualities will be developed:

Flexibility * Strength * Speed * Agility * Endurance

Training Schedule and Cost

Pre-season training begins **Monday, April 13** and finishes **Thursday, July 23**.

Training Days are **Monday, Tuesday, and Thursday** each week.

Training Times are **4:00, 5:00 and 6:00*pm** each training day. (*6:00pm session starts Monday, June 1)

Cost: \$10.00 per Athlete per Session (half off regular rates), payable by credit card only.

Athlete must be registered with the Jr. Raiders program to receive discount.

Training is held at Chastain Park gym, 140 W Wieuca Rd Northwest, Atlanta 30342

Titus Sports Academy is excited to be a part of your team and its success.

Brandon Harris, ATC, CSCS

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