



# ***On Field SAQ Training for Clubs and Teams***

***Elevate your club's performance while  
adding value for your players & parents!***



## ***About Us:***

Athlete Prep delivers proven strength and conditioning programs, supporting athletes at all levels with organization-wide training, team sessions, and personalized programming. Having worked with thousands of athletes, we specialize in on-field Speed, Agility, and Quickness (SAQ) training and building strong athletic foundations. Our focus on fun, fundamentals, and injury prevention ensures athletes develop skills to excel in their sport and reach their full potential.

## ***What We Offer:***

- Dynamic On Field Sessions - tailored programming for your sport and goals
- Customizable Team Programs - fit our sessions into your training schedule
- Experienced Coaches - certified in strength and conditioning, with a passion for youth development
- Inclusive and Fun Environment - engaging workouts designed for all skill levels
- Testing - data driven programming with quantitative results and feedback

## ***Why Choose Athlete Prep?***

Our programming is designed to:

- Enhance Performance - Improve speed, agility, quickness and power
- Prevent Injuries - build resilience and strengthen athletes with functional, sport-specific training
- Focus on fundamentals - developing concrete athletic foundations for long term growth and success
- Boost Confidence: help athletes perform at their peak, both physically and mentally

## ***Program Details:***

- Duration: 60-90 Minute Sessions
- Location: At your club's facility or fields
- Cost: As Requested - Affordable and Flexible

