

team

# High Performance

**Personal and Performance Training**

Learn the keys to  
improve performance  
in ANY sport!

**Sessions Start March 4th & April 8!**

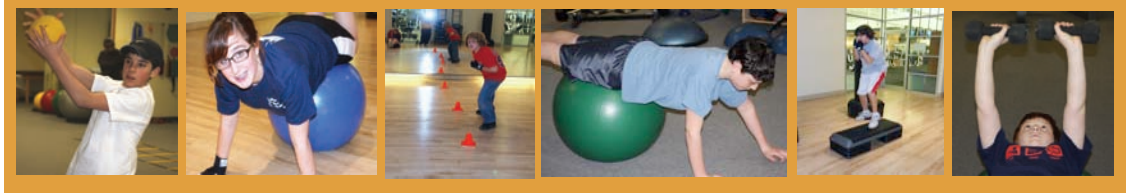
## Youth High Performance Sport Improvement

**AGES 10-16**

Equinox Fitness, 1053 W Boston Post Rd, Mamaroneck, NY 10543

Enhanced performance on the court or field starts with individualized performance training in the gym. Performance training is based on human movement, developing neuromuscular connections, and increasing core strength and stabilization. Team High Performance and Equinox Fitness are committed to getting each athlete on the road to increasing their level of play by educating their mind as well as their body.

Sessions will include power development, S.A.Q. (speed, agility, quickness) training, S.A.I.D. (specific adaptations to implied demands), functional movements and core development; all within a safe and supervised environment.



### S.A.Q. (Speed, Agility, and Quickness) Training

Session will cover speed and agility work. Athletes will work on developing their footwork, changing directions, explosiveness, balance and proper body mechanics.

*Dates: Tuesday and Thursdays 4-5pm, March 4, 6, 13, 18, 20, 25, 27 & April 1.*

### Strength Training and Conditioning

In this session, athletes will learn the essentials and basics of proper strength and conditioning. Learn how to combine basic strength training with practical performance and core development applications.

*Dates: Tuesday and Thursdays 4-5pm, April 8, 10, 15, 17, 29 May 1, 6, 8*

### Rates:

Each four week intensive cost a total of \$280 for two sessions per week or \$195 for one session per week. Sessions must have a minimum of 6 athletes to run.

**Space is limited! Call Equinox Fitness at 914-777-1919 to enroll.**

### Performance trainers:

**Ann-Marie Sacurato** is certified by the National Strength and Conditioning Association and has studied under performance training expert Juan Carlos Santana, CEO of the Institute of Human Performance in Boca Raton, Florida. Ann-Marie is a professional boxer and reigning WBC Lightweight World Champion. Her clients range from young athletes just starting their competitive careers to elite professional athletes at the top of their game.

**Angel Bovee** is a three-time National Golden Gloves Champion and former captain of Team USA. She is a certified personal trainer, certified level 2 spin instructor, USA Boxing coach and serves on the Board of Directors for USA Boxing.



**Ann-Marie Sacurato**  
CPT, NSCA, WBC World Champion



**Angel Bovee**

Personal Trainer & 3-time US National Champion

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