



## Sports Performance

The **Athletic Performance** programs are designed to be FUN and challenging, with specific movements that teach our kids the skills and disciplines that they can use in their chosen sport and in life. The sessions provide the kids with friendly competition to challenge them as they work hard to improve. The physical movements are sport and age appropriate focusing on all aspects of athleticism, proper warm up, speed, (running mechanics), first step quickness, agility, strength, power, sports specific conditioning, balance, coordination, focus, core strength, proper cool down, sports specific stretching, injury prevention and the importance of good nutrition.

### **FREE Consultation!**

Get Started Today! Call 425-413-4425 or email [Hhumbyrd@outpatientpt.com](mailto:Hhumbyrd@outpatientpt.com)

# FASTER BETTER STRONGER

## **Packages:**

### Performance Training

Endurance, Strength, Speed or Tactical

1 Session: \$75, Buddy Session: \$65ea

4 Sessions: \$280 (\$70ea)

8 Sessions: \$520 (\$65ea)

12 Sessions: \$720 (\$60ea)



Howie Humbyrd

Sports Performance Specialist, LAT/ATC, CSCS



Howie has been an athlete all his life, football, baseball, wrestling, soccer, motocross, and competitive softball.

Howie Graduated from Eastern Washington University with a B.S. in Sports Medicine, and a B.S. in Exercise Science, with Minors in Health and Psychology.