GAMA SPORTS TRAINING

STRENGTH IS MEDICINE NEWSLETTER · NOVEMBER 2026

STRENGTH & EXPLOSIVE PROGRAM

WIN THE WINTER. OWN THE SPRING.

Athletes and parents — spring seasons aren't won in March. **They're won right now.**

Winter is the window to get faster, stronger, and more explosive before tryouts and the first game. Start the new year strong, and your athlete shows up to spring a step ahead.

THE PROGRAM

THREE PILLARS. BUILT FOR YOUR SPORT.

Every athlete's program is tailored to their sport and position — a pitcher, a point guard, and a lineman don't train the same way, so they shouldn't.

1. **Explosiveness**
   Jumps, throws, and sprint work that teach the body to produce force fast — first step, vertical, change of direction.
2. **Strength**
   A coached, progressive strength base that powers everything else and helps athletes hold up through a long season.
3. **Footwork**
   Agility, deceleration, and movement patterns specific to the sport, so speed actually shows up on the field and court.

> **Fueling matters too.** We'll also touch on simple nutrition habits that support training and recovery.

MONTHLY PERFORMANCE TESTING

PROGRESS YOU CAN ACTUALLY SEE.

Once a month, we test each athlete on the numbers that matter for *their* sport — things like sprint and agility times and vertical jump. Same tests, same conditions, every month.

Athletes see their hard work pay off. Parents see measurable progress month to month — not guesswork.

EXAMPLE TESTING CARD

TEST	NOV	DEC	JAN
Sprint time	—	—	—
Agility time	—	—	—
Vertical jump	—	—	—
Sport-specific test	—	—	—

Tests are chosen for each athlete's sport. Your athlete's results fill in month by month.

WHY WINTER

GET AHEAD BEFORE SPRING.

NOVEMBER	WINTER	SPRING
Baseline test. Build the plan around your sport.	Train strength, speed & footwork. Retest every month.	**Show up to tryouts and the season ready.**

While other athletes take the winter off, yours can be stacking up months of measurable progress. That's the edge.

> **Bring a teammate.** Refer a teammate, and when they join, you get a free session.

BOOK A TESTING SESSION

FIND OUT WHERE YOUR ATHLETE STANDS.

The best place to start is a testing session. We'll get your athlete's baseline numbers, talk through their sport and goals, and show you how we'd build their winter.

BOOK A TESTING SESSION

Or call us at **412.328.8988** · **gama-sportstraining.com**
2400 Sheena Dr, Pittsburgh (Plum), PA

Let's use this winter to get ahead — and start the new year strong.

— Coach Joe Fischetti, CSCS
Strength Coach, GAMA Sports Training

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