

MST

SPORTS PERFORMANCE

myspeedtrainer.com

MST Sports Performance provides a comprehensive program designed to prepare High School Volleyball athletes train for the upcoming season. Our training is based on the skills development of speed, acceleration, deceleration, explosive power, strength, vertical jump and sports specific movements to increase athleticism for optimal performance.

We focus on coaching to develop skills, with a clearly outlined skills development progression for volleyball. High School development training involves a 3 day schedule that will address:

- ✓ Vertical Jump Training and Technique
- ✓ Total body stability and core strength
- ✓ Speed/Quickness and Acceleration
- ✓ Functional Agility and Lateral movement
- ✓ Plyometric, Explosive Work
- ✓ Functional Linear Speed and Acceleration
- ✓ Functional Strength and Power Training
- ✓ Deceleration and change of direction
- ✓ Overhead Hitting Velocity and Shoulder Strength/Stability

Our staff has been preparing Professional, College, High School and Club players since 2001. We get the job done better than anyone in the industry. Train where the best Volleyball Player in the world trains.

Misty May Treanor

2 time Olympic Gold Medalist, Athens 2004, Beijing 2008.

I have worked with Eddie for several seasons and have never felt the way I do now. MST has made me both stronger and faster. I feel that I am in the best shape ever. MST has made winning another Olympic gold a reality.

Edward A. Winslow, MS, CSCS, USAW
Founder and Owner

MY SPEED TRAINER

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