

# **MST**

## **SPORTS PERFORMANCE**

[myspeedtrainer.com](http://myspeedtrainer.com)

MST Sports Performance provides a comprehensive program designed to prepare Professional, Minor League, Collegiate and High School athletes train for the upcoming season. Our training is based on the skills development of speed, acceleration, deceleration, explosive power, strength 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 Baseball. Player development training involves a 3-5 day schedule that will address:

- ✓ Video Running Analysis
- ✓ Steal Starts, Acceleration, Transition, Max Speed
- ✓ Functional Agility and Lateral movement
- ✓ Plyometric, Explosive Work
- ✓ Strength and Power Training
- ✓ Overhead Velocity, Strength and Stabilization with resisted band progression
- ✓ Physical measurements (BW, BF% pre-testing to increase lean muscle mass)
- ✓ Nutritional Analysis with Guidelines
- ✓ Pre and Post workout supplementation
- ✓ Soft Tissue Massage (Weekly for regeneration)

All athletes receive one on one individual attention from the best Speed/Strength and Conditioning Trainers in South Florida. Our staff has been preparing top Professional, Minor League, Collegiate and High School players since 2001. We get the job done better than anyone in the industry. You will be prepared for the physical demands of the upcoming season.

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

**MY SPEED TRAINER**

1143 Banks Road. Margate, FL 33063 Ph: 954-840-6586

[www.myspeedtrainer.com](http://www.myspeedtrainer.com)

EMAIL: [info@myspeedtrainer.com](mailto:info@myspeedtrainer.com)