

TEAM TRAINING

For ten years we have trained teams at their location, at GE or in a parking lot. Regardless of the venue, our Training & Passion for IT becomes infectious to your team and we help provide the energy & appropriate WORK to make Your Team become ONE in the Off Season, In Season or Pre Season. Our Team Training Programs are Successful in preparing teams at All levels and in various Sports including but not limited to: Baseball, Basketball, Field Hockey, Football, Lacrosse and Soccer. Our Professional Training allows High School athletes to become accustomed to Next Level training and provides youth travel teams with a platform to increase their abilities and confidence in their skills & fitness level.



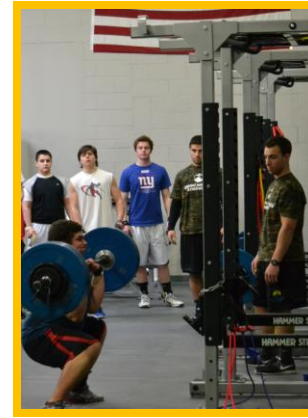
TRAINING CAMPS



YOUR SCHOOL



IN HOUSE



STRENGTH PROGRAM



PREPARING TO WIN

At Good Energy Training we will communicate with you/the coach to discover what you think your team needs to play at its Best and then provide the tools to make that happen. Is it Conditioning, Strength, Running Mechanics, Toughness, Mental Toughness, or Injuries that are currently preventing your team from performing at their BEST. Our Team Training program will Challenge your Team to become Stronger, More Physical & Cohesive by instilling Leadership qualities in the way we Train them, the discipline we require & the Work demand. Each workout will have a Movement Prep & Cool Down Stretch as well as a pre scripted Purpose. We will share our expectations and philosophy with you prior to training your Team and will Work Together in pressing the appropriate buttons to infuse your team with the Passion to Be Great. The Ultimate Goal for our Team Training Program is to Provide Efficient Work, Create a Team atmosphere & instill Confidence & Toughness for your Team. The WORK we will do creates a Bond & Trust that carries throughout the season and envelops a Winning Spirit to Finish every game Strong with the Will to WIN.

PROVEN RESULTS SINCE 2003