

OUR GOAL

Acceleration Performance strives to help athletes achieve their goals and reach their full athletic **potential**. Our training methods are structured scientifically and specifically to benefit the athlete. With the use of unique and **advanced methods** and equipment, our athletes are sure to feel confident in attaining their goals. Whether you're a healthy athlete looking to get better or an injured athlete looking to get where you once were, Acceleration Performance will get you where you need to be.

ABOUT US

STAFF

The Acceleration Performance strength staff all have extensive training backgrounds. Whether our staff have competed in **elite** level sport or are weightlifting enthusiasts, the Acceleration Performance staff are extremely **knowledgable** and **motivated** to get you to the top of your game. The Acceleration Performance staff have all felt the 'grinds' of competition and getting to the top; they will help you achieve your **goals**! At Acceleration Performance, your goals are our goals! PERIOD!



ACCELERATION PERFORMANCE

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WWW.ACCELERATIONPERFORMANCE.CA

BIGGER, FASTER, STRONGER

Strength & Conditioning

Acceleration Performance caters to athletes who desire honing their **athleticism** into the finest tool, ready to accept the challenge of elite level sports. Helping athletes bring themselves to their physical peak, offering a **scientifically approached**, competitive edge to excel at their sport is a very rewarding experience.

Acceleration Performance believes that no two athletes are the same. Our conditioning programs are catered to the **sport specific** needs of the individual. One on one and team oriented conditioning receive uninterrupted attention. Student athletes are the backbone of university caliber athletics; you will be trained to compete at that level.

Acceleration Performance implements **unique** training philosophies, uncommon training techniques and preconditioning assessments to **maximize gains** in as little time possible. Acceleration Performance will ensure that you will become a **stronger, quicker, better** athlete.



Basketball training at Acceleration

Acceleration Performance is the premier basketball training centre in the city! For years Acceleration Performance has helped develop the best basketball athletes the city has to offer.

Acceleration Performance athletes have all reported:

- **Enhanced speed and agility**
- **Increased vertical jump**
- **Incredible strength gains**
- **Unmatched conditioning**

AP basketball training systems makes the game of basketball easy! You will **dominate** the competition!

Most of AP basketball athletes have gone on to play at the **next level of basketball!** Don't get left behind the competition—train at Acceleration Performance!



Services We Provide

- Strength & Conditioning - 1 on 1, small group, or team training / athletes and general population
- Nutritional consultations
- Basketball Performance Camps
- Kettlebell boot camps for weight loss
- Basketball, Football, Hockey, Soccer, Volleyball
- Seminars and workshops - High school classes, HS teams, clubs, fitness group speed and agility
- Training for team sports.



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