



Trinity Sports: Soccer Specific Team and Individual Training with Cory Hand

Westside Metros and Trinity Sports combine to bring you one of the most dynamic training experiences in the Northwest. Trinity Sports is a program that is committed to giving every athlete the opportunity to experience their sport with the removal of preventable physical limitations and allowing them to perform at their highest level of competition.

At Trinity, we base our training program on our 4 Laws of Training. By adhering to these 4 Laws, we aim to give every athlete the opportunity to perform with a higher level of all around athletic proficiency. Improving the muscular efficiency within an athlete will allow him/her to produce more speed, power, and durability (the core to all athletics).

Our partnership with Westside Metros will focus on the specific athletic demands of the game of soccer. The end result should produce athletes/teams with better fitness than their competition, less risk of the typical soccer injuries, and an improvement in their soccer specific athletic abilities.

Key areas in the game of soccer that Trinity Training will work to improve are: Speed, Agility, Quickness, Power and Explosiveness (with and without the ball).

All sessions are one hour and will be held at THPRD fields

Team Training: (Includes two take home team workouts and a warm-up)

1 Session	\$120
2 Sessions	\$110 each
3+ Sessions	\$100 each

Individual Training: (one-on-one with a Trinity Trainer, includes on field evaluation)

1 Session	\$40
2 Sessions	\$80
3+ Session	\$35 each

Group Training (S.A.Q. Training)

2-3 athletes

1 Session	\$35/person
3+ Sessions	\$30/person

4-10 athletes

1 Session	\$30/person
3+ Session	\$25/person

Drop-in session for any WSM player

\$5 per player per session

Fridays Rec Center Field #1

5:00-6:00 p.m. U12 and under

6:00-7:00 p.m. U13 and older

For more information:

cory@trinitysportscamps.com or call (503) 380-4129