



SAPT is owned and operated by Sarah Walls, a Strength & Conditioning Coach for George Mason University athletics. Student Athlete Performance Training, Inc. (SAPT) is a comprehensive training company focused on improving athletic and intellectual success in youth, amateur, and professional athletes.

What is SAPT Summer Evolution? SAPT's Summer Evolution Program is a summer long intensive training block for college bound & current college athletes to help them prepare for the rigors of collegiate competition.

Training sessions for this program will be 4-6 times/week (at SAPT center and on-field/court). Sessions per week are determined based on sport demands and individual needs.

What performance qualities are targeted during this program? While each student-athlete is looked at as an individual, generally, we will have a broad focus to include strength training, sport specific conditioning/fitness, flexibility, nutrition, and mental preparation - all aspects required for success in collegiate athletics.

The Coaches:

Coach Walls: currently a Strength and Conditioning Coach for George Mason University athletics, you can be certain this high level of collegiate quality strength training and conditioning is not being offered anywhere else in the area.

Coach Chris: a former D1 athlete, Coach Chris brings experience from both high school and collegiate ball to provide expert instruction for every athlete at every level.

Sign-up TODAY
at studentathlept.com
or call 703.503.1020

"I was telling my teammates how I was at my most fit when you were working with us..." Lauren Hardison, VCU

"As an athlete and now a coach, I've never had a strength (and conditioning) coach make such a huge impact so quickly on any team I've ever been a part of - thank you for your hard work!" - voice mail from Denise Schilte-Brown, Head Coach for Women's Soccer at the University of South Florida