



ONLY THE SAPT SURVIVE.

SAPT Wrestling Performance Training:

Gain the confidence, knowledge, and physical capabilities to dominate on the mat and succeed in life.

THE PROGRAM:

SAPT's unique programming approach strives to improve each student-athlete's performance in both the mental and physical part of each match. These improvements will translate on and off the mat for years to come.

Psychological Goals

- ✓ Develop a confident, proactive student-athlete.
- ✓ Improve ability to plan, execute, and achieve.
- ✓ Greater self-awareness and community involvement.

Physiological Goals

- ✓ Improve joint stability and mobility in the shoulder girdle, elbows, hips, knees, and ankles.
- ✓ Significantly increase pulling and grip strength.
- ✓ Thoroughly address the energy systems demanded by the sport using intense complexes.
- ✓ Develop technical mastery performing calisthenics.
- ✓ Increase abdominal and trunk strength using dynamic core exercises unique to SAPT.
- ✓ Improve overall work capacity, power, and speed using compound movements and bounding exercises.
- ✓ Improve coordination and motor unit recruitment.

***Group discounts available!**

WHAT TO EXPECT:

- ✓ 75-minutes of intense and focused training.
- ✓ Challenging and fun training sessions that include: tire flips, sled drags, weight training, sledge swings, jump training, grip strength, kettlebells, and lots more!
- ✓ Dramatic improvements in speed, strength, and display of explosive power.
- ✓ Very low athlete to coach ratio (roughly 5:1).
- ✓ Injury reduction/prevention techniques.
- ✓ Nutritional strategies for peak performance.

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

Sign-up TODAY
at studentathletept.com

"This is exactly what we were looking for... it is making a difference that will last much longer than her physical strength." - Paul Bartosch, father of Kayla Bartosch, one of the country's top 125lb wrestlers

"...I'm feeling really strong at 140lbs. Thanks for everything you have done to help me out, I really feel like it is paying off." - Charlie Haislip, Jr., Potomac Falls, District Champ, top Regional finisher, and State Qualifier