



# PERFORM. PREVENT. EVOLVE.



**#17 MEGHAN SCHNUR**  
MSPT, Former D1  
All- American, &  
USWNT International

## SOCCER SUMMER SPORTS PERFORMANCE

### WHEN

Phase 1\*: June 6<sup>th</sup> – July 1<sup>st</sup>  
Phase 2: July 3<sup>rd</sup> – July 29<sup>th</sup>

Monday, Wednesday, & Friday  
9:00 AM – 10:30 AM

### INCREASE PERFORMANCE

- Linear Acceleration & Absolute Speed Mechanics (30 Meter Dash)
- Multi-Directional Speed & Agility Mechanics
- Plyometrics & Force Production Optimization
- Core Strengthening to Reduce Energy Leaks & Maintain Efficiency On Field
- Cutting Edge Strength & Power Programs
- Full Sport-Specific Testing Protocol

### COST

\$480 – Phase 1 & Phase 2 (\$750 value)  
\$270 – Phase 1 (Deadline is June 3<sup>rd</sup>)  
\$270 – Phase 2 (Deadline is July 1<sup>st</sup>)

*\*MUST complete Phase 1 before Phase 2*

### DECREASE RISK OF INJURY

- Injury/ ACL Prevention Programming
- Pillar (Hips, Core, Shoulders) Prep & Movement Prep Techniques
- Engineer Optimal Movement Patterns
- Rotational/Anti-Rotational Coordination
- Functional Movement Screen & FMS Corrective Exercises
- Regeneration/Recovery Techniques
- Foam Rolling/Trigger Point Therapy

**Experience How it Feels to Train Like a High Profile Athlete &  
Prepare for the Next Chapter in Your Athletic Career!  
RESERVE YOUR SPOT TODAY**



Jeremy Sheppelman,  
BS, CSCS, NASM-PES  
Director

303-979-5511  
303-880-3495 (mobile)  
5935 S. Zang St. #9  
Littleton, CO 80127

Jeremy@PantherPTSP.com  
www.PantherPTSP.com

Space is Limited for Optimal Coach to Athlete Ratio  
Make- Up Sessions Allotted on Case by Case Basis • More Times Available if High Demand