

STAY FAST. STAY STRONG. ALL SEASON LONG.

Exclusive in-season training program for Parker Hawks teams

\$99

3 PAYMENTS

AUGUST 17 – OCTOBER 31

Full in-season program • 3 payments of \$99 (\$297 total) • Charged Aug 17, Sep 17 & Oct 17

WHAT'S INCLUDED EVERY WEEK

SUNDAYS

SKILLS + RECOVERY

Sharpen the details and reset the body after game day.

- Position skills & ball work
- Mobility + recovery session
- **Full access to the KNGDM Recovery Lounge**
- Prep to compete again Monday

1 DAY / WEEK

SPEED + STRENGTH

Two hours, back-to-back — built for in-season athletes.

- 60 min speed & performance class
- 60 min strength session
- Maintain power without burnout

Why in-season training? Athletes who stop training in-season lose the speed and strength they built all summer — and are more exposed to injury. Two focused touchpoints a week keep your athlete durable, explosive, and peaking when it matters most: game day and playoffs.

LIMITED SPOTS PER TEAM • RESERVE YOUR ATHLETE'S PLACE TODAY

COMBINE TESTED

Free pre-season & post-season combine test for every athlete — growth you can measure

TEAM REWARD

Teams with 15+ athletes signed up earn a post-season team banquet at KNGDM

ATHLETE FIRST

A faith-based culture that develops the whole athlete, on and off the field



SCAN TO SIGN UP

(720) 883-9331 • contact@kngdm-sp.com

elite.thekngdm-sp.com/packages/76523/purchase

KNGDM Sports Performance • 333 Inverness Dr S, Englewood, CO 80112

KNGDM
SPORTS PERFORMANCE

STOP WORKING OUT.
START TRAINING.