



SMARTER Team Training
Athlete Development • Sports Performance

Speed, Agility and Conditioning Clinic

The SMARTER Team Training Speed, Agility, and Conditioning Clinics are an intense, energetic 3-hour, on-court or on-field workout for boys and girls ages 12+ plus a 1-hour presentation for coaches.

STT's SAC Clinics will encompass a sport-appropriate warm-up, movement preparation, weak link exercises, running mechanics, cutting and jump/landing technique, quickness, agility, reaction, and conditioning.

Conversations addressing learning life lessons through sport will also provide an incredible value for young athletes, parents, and coaches alike.

STT SAC Clinic agenda:

- Movement and Agility Drills
- Performance Flexibility and Mobility
- Weak Link Exercises
- Athletic Movement Fundamentals
- Reaction Series
- Stop/Start and Jump/Land Sequence
- Creative Conditioning

Speed, Agility, and Conditioning Clinic - Melbourne, FL

June 6, 2014

Location: Parisi Speed School XPC, 830 N. Apollo Blvd., Melbourne, Florida

Time: SAC Clinic goes from 4:00 – 7:00 pm and the Coach Q & A segment is from 7:00 – 8:00 pm for this event.

Cost: \$95 Day Of • Pre-register On-line and SAVE! • Team Discount (up to 10 players and 1 coach): \$600.

Location info and Registration info >> <http://tinyurl.com/STTSACFL>

What people are saying about STT

"I spent 5 years working with Rob Taylor and myself, my staff and players had a wonderful experience. Not only is he extremely knowledgeable, but he is a great motivator and a great educator. He really is a strength and conditioning 'coach' and a great educator. Our coaches and players learned so much from him and I still consult with him on strength and conditioning matters."

John Byford | Villanova University, Head Women's Soccer Coach

"Rob Taylor is outstanding in every way and was most instrumental in our run to the NCAA tournament in 2001!"

Fran McCaffery | University of Iowa, Head Men's Basketball Coach



Read more about STT:

<http://www.smarterteamtraining.com/about>

Find out more about Coach Taylor at:

<http://robtaylorjr.com>

Be sure to connect with STT here:

STT on the web: <http://SMARTERTeamTraining.com>

STT on Twitter: <http://twitter.com/SMARTERTeam>

STT on Facebook: <http://facebook.com/SMARTERTeamTraining>

STT on YouTube: <http://youtube.com/SMARTERTeamTraining>

STT on Air: <http://STTPodcast.com>



STT has been developed to focus on athlete and team development, performance and education since 2009.

We have developed both one-on-one training sessions and sport-appropriate programs which can be implemented into your practice and personal training sessions.

SMARTER Team Training's primary goal is to develop and implement programs for our athletes to help them be in the best shape of their careers!

Robert Taylor, Jr.

SCCC, CSCS*D, CCS, PES, CES, CSES, NSCA-CPT*D, NSPA-CPT
Is the founder and owner of SMARTER Team Training.

- Was the Head Strength and Conditioning Coach at Loyola University Maryland for over seven years.
- Was a strength and conditioning consultant for athletes on the Women's Lacrosse World Cup Champion's Team Australia in 2005, and was the Head Strength Coach for Team Australia's 2009 World Cup team which played in the world championship game also.
- Has worked with professional organizations such as the Anaheim Angels, Tampa Bay Buccaneers, Tampa Bay Mutiny, and San Antonio Silver Stars.

Email Coach Taylor today:
coachtaylor@smarterteamtraining.com

