



SPIRE



PERFORMANCE SUMMER HOURS



MAY 29TH TO AUGUST 24TH



FULL PROGRAM

[SPEED & LIFT]
\$35.00 / SESSION

SPEED - OR - LIFT

\$22.50 / SESSION



MONDAY TO FRIDAY

SPEED

9 AM -10 AM & 5 PM - 6 PM

LIFT

10 AM TO 11 AM & 6 PM - 7 PM

SATURDAY

SPEED

10 AM -11 AM

LIFT

11 AM -12 PM



For more information, please Contact:

Keith Webb

440-466-1002 x 154

kwebb@spireinstitute.org



SPIRE
PERFORMANCE

PERFORMANCE TESTING
& ASSESSMENTS:
CALL TO SCHEDULE AN APPOINTMENT

SPIRE Institute

FOOTBALL COMBINE

SPIRE Performance will be hosting Football Combines (athlete testing) this off-season to help athletes identify their strengths and weaknesses and track progress prior to the season.

SPIRE will host two separate combines to track initial results and progress over the summer training period to see where improvements were made prior to camp two-a-days.

All testing will be done by SPIRE Performance coaches to ensure accuracy and reliability of data. All athletes will be able to upload their results to Hudl for verification.

Cost of Combine: \$5 per combine

Testing sessions includes the following:

- Height
- Weight
- Vertical Jump
- 40-yard Dash
- Broad Jump
- 5-10-5 Agility
- Kneeling Med Ball Throw
- SPARQ Rating (Cumulative score based on results)

Each individual will receive their own score as well as average combine results based on grade level. Coaches can request to receive individual reports for their team for analysis and tracking purposes.

Combine #1 (6/9/18)

Freshman	8:00 am
Sophomores	8:45 am
Juniors	9:30 am
Seniors	10:15 am

Combine #2 (7/28/18)

Freshman	8:00 am
Sophomores	8:45 am
Juniors	9:30 am
Seniors	10:15 am

To Register, Contact Keith Webb:
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