

# TEAM TRAINING

**MVP Sports Performance provides teams with cutting edge training information that gives a team an advantage over their competition.**

**Team Training is tailored to each teams' specific needs and can be conducted for teams of all ages and levels of ability.**

**The number of sessions, dates of each session, and times of each session must be agreed upon prior to the beginning of the program.**

**FREE**

**TO ALL TRI COUNTY MIDDLE  
AND HIGH STUDENT ATHLETES**

**In The High School Gym:**

February 6 -- 3:00 pm

February 13 -- 3:00 pm

February 20 -- 1:00 pm

February 27 -- 1:00 pm

March 6 -- 1:00 pm

**powered by**



**Call 616-784-8760 for details!**