

**ATTENTION RUGBY PLAYERS!**



Call 303.768.8988 for a FREE trial session!  
[www.velocitysp.com/centennial](http://www.velocitysp.com/centennial)

**IMPROVE YOUR SPEED** gain the extra step through implementation of speed specific training emphasizing proper movement and function to produce guaranteed gains speed gains!

**DEVELOP EXPLOSIVE POWER** increase your explosive power, maximal strength and strength endurance. Increase your closing speed, enhance blocking and tackling strength, and maintain optimal strength throughout the game.

**GAIN BALANCE AND AGILITY** our degreed and certified coaches improve the way you move with protocols that increase foot quickness, lateral movement and other specific movement patterns. Expect gains in escapability, separation speed and cutting ability making you a threat from anywhere on the field!

**REDUCE YOUR LIKELIHOOD OF INJURY** we employ Dynamic Mobility development, prehabilitation exercises and movement analysis as well as improve your stability and flexibility to reduce the likelihood of both acute & overuse injuries.

← Youth and adult programs available