

SPEED-QUICKNESS-ENDURANCE-STRENGTH-POWER-FLEXIBILITY



EXCELLENCE IN ACTION
Sports And Special Events



ELITE INDIVIDUAL AND TEAM TRAINING



MISSION:

**TRAIN D1 is designed not only to prepare an athlete or team for their upcoming season, but to prepare an athlete for the future:
High School, College, and Professional level competition.**

TRAIN D1 is committed to create and/or change your lifestyle by educating you on how to treat your body the right way: on and off the field.

VISION:

TRAIN D1 gives athletes personalized track-able feedback. Through the use of comprehensive testing, TRAIN D1 provides the athlete knowledge of their strengths and weaknesses. From these results, TRAIN D1 will customize a program for the athlete/team to lessen their weaknesses and focus on improving their strengths. We've tested top Division I athletes and top High School athletes in their respective sports, to allow for benchmarking. With these benchmarks, our athletes will have an idea of what it takes to play their sport at the highest level and set their goals accordingly.

TRAIN D1 VIDEO:

<http://sonofieldhouse.com/traind1-video.html>

365 Dr. Martin Luther King Jr. Drive Norwalk, CT 06854 Tel: 203-604-9030

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MESSAGE FROM HEAD TRAINER IDRIS PRICE:



IDRIS PRICE

*NFL Super Bowl Champion Tampa Bay Buccaneers
AFL & NFL Europe*

TRAIN D1 PROGRAM:

“TrainD1 is committed to developing superior athlete’s performance on the field, reduce the risk of injury, and build a positive self image. A well conditioned, physically and mentally prepared athlete will always put forth optimal performance in the game. Train D1 will provide all the necessary tools to develop speed and agility preparing athletes for favorable performances on game day. We believe that preparing for the game should be more challenging than the game itself.”

Key techniques: Learning how to relax and positioning your body properly while sprinting are key factors. $\text{Stride length} \times \text{Stride Frequency} = \text{Speed}$. Maximum velocity training is important, but in field sports athletes are rarely given the chance to reach top speed which is the reason where at Train D1 we place a higher value on acceleration. To accelerate efficiently the correct mechanics must be reinforced daily by focusing on arm swing and proper knee and leg position through the entire sprint.”

“HARD WORK PAYS” - IDRIS PRICE

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TRAIN D1 STAFF INCLUDES:



IDRIS PRICE

*NFL Super Bowl
Champion Tampa Bay
Buccaners
AFL & NFL Europe*



JAKE MYERS

*2009 National Runner Up
Cornell University Lacrosse*



MAX SEIBALD

*Team USA Lacrosse
Tewaarton Award Winner
Cornell University Lacrosse*

**PERSONAL & TEAM TRAINING CLINICS
ATHLETES 7th– 12th GRADE
ONE HOUR SESSIONS**

COMMITTED TO EXCELLENCE IN ACTION!

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