



Welcome!!!

Welcome to the Game Speed Performance Academy, where we provide comprehensive, cutting-edge training for athletes of all ability levels. We are honored to train you. We are committed to providing you with the best service possible. We seek to improve your BCF (Balance, coordination and Flexibility) and also you SPS (Strength, Power and Speed)

Balance and Coordination

The foundation of a child's motor skill development occurs between the ages of 7 to 13. In a wobbly world of new discoveries children within this age bracket require balance and coordination exercises. Game Speed Performance Academy has crafted a customized program intentionally built around these principles to help your child move well.

Flexibility and Strength

We put a lot of emphasis on single leg unilateral training at full range of motion with correct form. That will improve Flexibility strength, mobility and stability in your ankle, knee, hip joints shoulder joints.

Speed and Power

Sprint development, Olympic lifts Med-ball drills develop Power and Speed. Power and Speed related training is such an advantage in the early years (ages 13-17). It helps to maintain and develop white type II fast twitch muscle fiber so your athlete is developed into a stronger more powerful one.

It gives us great pleasure to work with you on your goals. We look forward to seeing you reach the HIGEST LEVEL in your abilities in becoming a GAME CHANGER

Please contact us whenever you'd like to talk about anything you think may be affecting your health. It's our hope that we can have a relationship where the lines of communication are open and communication goes both ways. We will listen to you at least as much as we talk. Let's work together to help you reach your physical goals in life that you deserve.

Sincerely,
GSPA Staff

Game Speed Performance Academy
18909 South Miles Road Cleveland Ohio 44128
Training In The True Essence of Athleticism!
coach@gamespeedpa.com
www.gamespeedpa.com



GAME SPEED PERFORMANCE ACADEMY is a functional strength and conditioning program for **speed** that will improve your performance in any sport.

Our Mission

As performance experts **GAME SPEED PERFORMANCE ACADEMYS** primary responsibility is to assist individuals in reaching their fullest potential through comprehensive cutting-edge training for athletes of all ability levels.

Our Vision

GAME SPEED PERFORMANCE ACADEMY provides individuals with professional training in the true essence of athleticism; using the techniques, tools, and motivation necessary to maximize Good character and athletic performance.

Our Philosophy

We are committed to developing the physical, spiritual, emotional and mental attributes that are essential to succeed in a safe, inspiring, and relentlessly positive environment. **GAME SPEED PERFORMANCE ACADEMY** focuses on instilling the core values of hard work, dedication, and self-discipline. **Game Speed Performance Academy** offers the most comprehensive performance enhancement, reconditioning and personal training in Ohio. **GSPA's** results- driven approach covers every aspect necessary to achieve your goals, whether they involve sports performance or a healthier lifestyle. Your time and effort spent training at **GSPA** will translate into peak performance in any athlete's respective sport. If you are looking a need a jumpstart getting back in shape, our coaches will provide the knowledge and the means to help you become fit and stay that way. our staff offer a wealth of knowledge and training experience and will take you through a 6-8 week post-rehabilitation program using the same elements of the physical therapy program along with additional strength and flexibility techniques geared for returning the athlete to intense performance training.

Our highly qualified coaches are focused on meeting your needs and working with you to achieve noticeable results, **GSPA** will help you to move far beyond what you can imagine.

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Our Services

Performance Training

As a cutting edge leader in sports performance training Game Speed Performance Academy offers an innovative approach to training. Our program is sports inclusive program focused on BCF, Balance, Coordination and Flexibility geared to obtain Ultimate Performance.– building on a solid athletic foundation while staying focused on each athlete's individual goals. Our unique program includes instruction in movement training, injury reduction and rehabilitation, linear and lateral speed techniques, foot speed and agility, explosive power development, proper functional strength training and energy system conditioning. Athletes are closely supervised as the coach takes them through an intense 45-minute warm-up and workout with attention always being paid to proper technique and safety.

H.I.R.T

H.I.R.T (High Intensity Resistance Training), provides a condensed version of our sports performance program, to get you real results for life. In 10 to 20 minutes a day H.I.R,T will Improve flexibility, Build strength, Enhance cardio fitness, Boost growth hormone levels, Burn fat and Increase Metabolism.

Team Performance Training

Works on team dynamics and increasing your athleticism with specific team training programs available at Game Speed Performance Academy facility. As an extension of your program, our Performance Specialists will implement the most proven performance programs available into the training sessions.

Rehabilitation

There needs to be a transition from the end of PT to participation in active sports training is necessary. At Game Speed Performance Academy, this transition is a very important process to get our athletes back to top performance.

SPORTS STRETCH

Sports stretching helps to make your muscle more flexible, Pliable and stronger. It is done by doing different kinds of assisted stretches like PNF Resistance stretching and Fascial Stretch Therapy. These stretches have proven to increase athleticism.

CLINICS/ SEMINARS

Game Speed Performance Academy will hold Seminars and Clinics by athletes for athletes to improve knowledge and skill of coaches and athletes

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REGISTRATION

Full Name _____ Date of Birth ____/____/____
Address _____
City _____ State _____ Zip _____
Phone () _____ Email _____
Height _____ Weight _____ Goal Weight _____ Sport _____
Position _____ Event _____
Emergency Contact _____
Phone () _____ Relationship to participant _____
College Attended (N/A if none) _____
Professional Experience (N/A if none) _____
Email Address _____
Any pre-existing injuries _____

Release/Assumption of Risk Agreement

In consideration of gaining access to participate in activities associated with Game Speed Performance Academy LLC, I understand this is a very intense strength and conditioning program. I do hereby waive, release, and forever discharge Game Speed and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities in said program.
_____ (Please initial)

I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my ability to participate in said fitness program.

I give permission to Game Speed Performance Academy for the unrestricted use of mine/my child's name, photograph or other likenesses of his/her property for advertising trade or similar purposes. I give consent voluntarily without any expectation of remuneration or reward and I do hereby waive my fight to such remuneration or reward

- The use of facility equipment
- The performance of fitness-related evaluations to access functional capacity
- The participation in group activities related to exercise and activity
- Incidents that occur within the institutional facility, locker rooms, dressing rooms, showers, and other areas associated with Game Speed Performance Academy.

Signature _____ Date _____
PARENT /Guardian _____
PARENT /Guardian Signature _____ Date _____
Phone /Contact Number () _____

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STAFF ONLY

10,20,40 YARD dash	1 _____	2 _____
MB Push-ups	1 _____	2 _____
Pull-ups	1 _____	2 _____
One leg Split Squat	1 _____	2 _____
10,20,40 YARD dash	3 _____	4 _____
MB Push-ups	3 _____	4 _____
Pull-ups	3 _____	4 _____
One leg Split Squat	3 _____	4 _____
10,20,40 YARD dash	5 _____	6 _____
MB Push-ups	5 _____	6 _____
Pull-ups	5 _____	6 _____
One leg Split Squat	5 _____	6 _____



TRAINING AGREEMENT

HOURS: Monday-Friday 7am, 8am and 9am Monday-Thursday-6:00 and 7:30pm

LOCATION: All sessions will take place at The “Word” Church MultiPlex Arena
18909 South Miles Road Cleveland, OH 44128

TERM: All clients have agreed to a minimum of 13-week commitment. It is normal to experience soreness for 2-4 days after a session (no matter how long you have been training).

COST: __\$300 per month for unlimited Sports performance sessions. __ \$250 per month for 3 days per week for Sports performance sessions. __ \$200 per month for 2 days per week for Sports performance sessions. All payments must be made **before** session began. Payments can be made monthly by Credit card, cash, check, or money order. **Make Checks Payable to: GAME SPEED Performance Academy LLC or GSPA LLC** (There will be a \$35 fee for all returned checks) and (There will be a \$25 fee for all late payments).

This is a professional and safe environment that consists of the utmost respect and confidentiality between the Trainer and the Client at all times. Should the Client have any questions, concerns, or feel uncomfortable during any point of the session (example: uncomfortable with being touched while the Trainer/Trainee is explaining a move or partner stretching) please bring it to the coach’s attention so that the any issues can be resolved. With respect to each other’s commitments the Trainers schedules must be honored; cancellations must be made no later than 24 hours in advance than scheduled appointment time.

Assumption of Risk and Release for Participation in Personal Training Program

I, _____, wish to participate in the personal training program provided by Game Speed Performance Academy LLC. I realize that my participation in this program involves the risk of disabling injuries, including, but not limited to, heart attack, stroke, bodily injuries and even death. Notwithstanding, I hereby expressly a) assume all such risks of injury which could occur by my participation in this Performance training program; and b) release Game Speed Performance Academy and its Staff from all liability associated with the risks of participation in this performance training program. Should I suffer injuries or death, I, as well as my heirs, relatives, executors, administrators, agents, attorneys, insurers, and assigns, hereby acquit, release, and forever discharge Game Speed Performance Academy LLC and its Staff, as well as its agents, insurers, family, and heirs, of and from all causes of action, claims, demands, and damages of any kind or character whether known or unknown during the time of my performance training program or that arrive after ending my performance training program on account of or by reason of any event causing injury or death to me during or after my performance training program, including but not limited to negligent instruction and supervision. I have had an opportunity to ask questions and any questions I have asked have been answered to my complete satisfaction.

***Please sign and date agreeing to the terms of this Agreement:**

Signature _____ Date _____

PARENT /Guardian _____

PARENT /Guardian Signature _____ Date _____

Phone /Contact Number () _____

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NUTRITION

At the Game Speed Performance Academy we believe that in order to maintain a healthy lifestyle for life, we must follow a nutrition plan that will last a lifetime. Our research has proven that you do not have to cut variety or flavor in order to lose weight and build muscle. We created a plan that will allow you to enjoy food without getting bored or frustrated. GSPA recommends eating six small meals a day which include the following:

✓ **Eat lean meats**

Lean Meats are packed with important nutrients that help the body's metabolism, aid in red blood cell formation, play a vital role in our nervous system, building bones, energy level, and immune system.

✓ **Drink plenty of water**

Drink 8 ounces of water right after you rise in the morning. Water is essential for our blood, digestion, and immune system.

✓ **Eat plenty of fresh fruits and vegetables**

Fruits and Vegetables contain essential vitamins that may help protect you from chronic diseases, variety of antioxidants, flavonoids, vitamins, minerals, and fiber which are all necessary ingredients for good health, a healthy bowel and cleansing.

✓ **Eat plenty of nuts and seeds**

Many nuts are good sources of vitamins E and B2, and are rich in protein, folate, fiber, and essential minerals such as magnesium, phosphorus, potassium, copper, and selenium. People who consume nuts on a regular are less likely to suffer from coronary heart disease

✓ **Cut out refined and processed foods**

Refining foods destroys and devitalizes most of foods goodness. For example refined sugar is stripped of its nutrients and causes type 2 diabetes, depletes your immune system, makes you tired and hungry, refined grains stop nutrients from absorbing into the body

GSPA Sample Meal Plan for a Day

- **Meal 1 (Breakfast):** Mix berries lean meat, vegetables and Water.
- **Meal 2 (snack):** Almonds, and 2 pieces of Fruit, lean Meat and Water.
- **Meal 3 (lunch):** lean meat, Cucumbers, Spinach, Tomatoes, and Vinaigrette Dressing, Mix nuts and Water.
- **Meal 4 (snack):** Fruit, Almonds, Lean Meat, Small Salad, and Water.
- **Meal 5 (dinner):** Steak, Broccoli, Carrots, and Side Salad with Vinaigrette Dressing and Water.
- **Meal 6 (snack):** Vegetable, lean Meat, or Good Fat (Nuts).

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QUESTIONNAIRE
Health History

Do you have now or have you had within the past year, any of the following (please check all that apply):

- A personal or family history of heart problems, stroke, or coronary disease?
- A personal history of high blood pressure (above 140/90)?
- A family history of high blood pressure?
- Skin tumors, skin cancer or melanoma?
- Cancer? Type(s): _____
- Any infectious progressive illness, such as Hepatitis B, Acquired Immune Deficiency Syndrome, or other conditions?
- Diagnosed heart murmur?
- History of breathing or lung problems?

- Hay fever or allergies?
- High cholesterol? Latest results: _____
- Asthma, emphysema, bronchitis?
- Hospitalization within the last year?
- Diagnosed disc problem(s) or hernia?
- Eating disorder?
- Any circulatory disorders?
- Neuromuscular/neurological disorders such as seizures?
- Active rheumatoid arthritis?
- Fainting, convulsions, recurrent headaches, dizziness?
- Osteoporosis?
- Chronic illness or disease?
- Digestive problems?
- Nervous or mental disorder?

Are you currently pregnant? Yes No If yes, how far along are you? _____

Do you smoke cigarettes? Yes No If yes, how many per day? _____

Are you diabetic? Yes No If yes, how is it controlled? _____

Are you under the supervision of a doctor due to a recent illness or surgery (please explain)? Yes No

Do you have discomfort or pain in your neck, shoulder, elbow, forearm, knee, lower back, or hip when you are working out (circle all that apply)? Other area? _____

Do you have trouble sleeping? Yes No How many hours do you sleep on the average night? _____

Please list the date of your last physical examination: Month/Year _____ / _____

Medications

Are you currently taking any of the following medications? Prescription, Over-the-counter medication or Dietary supplements? Please list
