

Multi-directional Speed, Power & Agility Training Awards

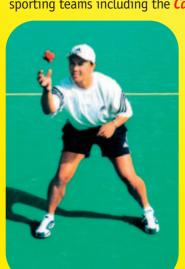


XLR8™ Goes International...

XLR8™ training has been quickly embraced by thousands of schools, clubs, professional trainers, universities, sporting organisations and athletes' worldwide.

The uptake from grassroots coaches/trainers through to internationally recognised sports teams and coaches has been nothing less than phenomenal.

XLR8™ Training Systems suit all ages and fitness levels and are behind the training of many of the worlds leading athletes and sporting teams including the *Canterbury Crusaders*. XLR8™ training



meets the highest international standards combining excellent technique and skill development with innovative and highly effective training aids.

International uptake and recognition includes the programme being supported by Australia's leading Sporting Institute the *Victorian Institute of Sport* and in South Africa, XLR8™ is being incorporated into the *University of Pretoria* sports science and physical education curriculum.





Graduates of the *Bronze, Silver* and *Gold* level courses enjoy the status of being certified with an internationally recognised award in sports coaching.

XLR8™ will radically improve your ability and knowledge as a trainer, coach or teacher. The speed-training bug is biting thousands of people involved in sport all over the world. It is not only here to stay, it is growing at an incredible rate.



XLR8™ training now reaches to 12 countries including:

- New Zealand
- Australia
- England
- Ireland
- South Africa
- France
- Japan
- Middle East
- **6** ...
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Singapore

- Hong KongScotland
- Europe

Technique adjustments

Explosive Power Reaction Skills

These principles combine

to develop the full potential of athletes

explosive speed and ability to rapidly change

direction which are

essential requirements

of competitive sport.

The SPSS XLR8™ training awards have been designed

to cater for the beginner

the most competent of

at the highest level.

coach or teacher through to

coaches and trainers operating

Each level (BRONZE, SILVER,

GOLD) is held over 1 full day

What is XLR8[™]? Speed, power and agility are skills widely recognised as crucial



for all sporting codes at all levels. From the school gym to the international sporting arena, we all need speed!

XLR8[™] focuses on the most up to date and cutting edge methods of

improving speed and quickness which is critical for any sporting code where speed and quickness is an advantage. Developed over 15 years of successful international field experience XLR8™ training is ideal for all levels.

XLR8™ Proudly

Supported by

Crusaders Success with XLR8™

First Step Quickness Agility and acceleration preparation with the Stopping and starting

XLR8[™] training systems have received a ringing endorsement from New Zealand's most successful and forward thinking rugby organistion. The Canterbury Crusaders regularly include XLR8™ drills into training sessions to develop the explosive speed, agility and power needed for sporting success at the highest level. In fact XLR8™ was a key training focus for the pre-season Super 14

players completing daily XLR8™ sessions.



Sports people

Personal Trainers

School Teachers

Coaches

What the Canterbury Crusaders say about XLR8™ Training...

"At last a quality speed program that focuses on the multi-directional needs of team and ball sports! XLR8™ training concepts and coach education courses will open your eyes to how best develop acceleration, change of direction and sport specific speed. With XLR8™ coaching knowledge you will be able to set up a speed program that will propel your athletes to the next level of sports performance. Quite simply XLR8™ speed and power training is the best speed programme I have seen in my 20 years as a professional strength and conditioning coach and educator. High level sport is all about speed and at the Crusaders we use XLR8™ training drills to ensure our players are exposed to the very best in speed development."

Canterbury Crusaders Strength & Conditioning Fitness Trainer

Who should attend

Sports Coaches

Physiotherpists

Strength & Conditioning

Sports Science Providers

and combines power point modules with a strong handson practical focus.

Modules range from 45 minutes-1 hour in duration and course resources include extensive workbooks and DVD instruction.

You will walk away with an incredible resource library, hundreds of new training drills, and an extended network of like-minded sports enthusiasts. Don't live by what you know, live to know more. It's time to XLR8™!



For more information and upcoming course details please visit: www.speedpowerstability.com or phone Speed Power & Stability Systems: 03 961 1655

