

**Get Faster & Stronger**

**Athleticism**

**Improve Reaction Time**

**Learn Technique**

**Prevent Injuries**

**Take Your  
Performance to the**

**Next Level**



**WITH COACH JAMIE & COACH MELISSA**

**Always accepting new athletes ages 9-16  
Call today to register & for more information  
(724) 325-1035**

# **YOUTH SPEED & AGILITY SMALL GROUP TRAINING**

**TUESDAY & THURSDAY 7:30PM-8:30PM**

## **Meet the Coaches**

Coach Melissa – Master’s Degree in Exercise Science - NASM  
Certified Personal Trainer – Performance Enhancement Specialist  
– National Association of Speed and Explosion Level II Certification  
Coach Jamie – 7 Time National Champion –NCAA and Western PA  
Sports Hall of Fame Inductee – Ph.D. in Molecular Genetics –  
Certified Strength and Conditioning Specialist.

Together we will ensure your athletes receive the best training to reach their fullest potential and become the best of the best!



“Thank you coach Jamie and Melissa for giving me the confidence and skills I need to get stronger for volleyball. I feel that I can jump higher and hit harder.”  
-Mia Scholze, age 13

“I learned different exercises that made me stronger for softball.” -  
Addison Martinelli, age 10

It’s really fun here, you learn to be faster and get stronger! My favorite part is the ladder, I feel like it made me more coordinated.”  
Noah Kasun, age 9



**TEDESCO BODY SHOP**

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(724) 325-1035

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