

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**

YOUTH SPEED & AGILITY SMALL GROUP TRAINING

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

Meet the Coaches

Coach Melissa M.S., NASM CPT - Performance Enhancement Specialist – National Association of Speed and Explosion Level II Certification

Coach Jamie Ph.D., CSCS - 7 Time National Champion – NCAA and Western PA Sports Hall of Fame Inductee

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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