***SPAS***

**S**trength, **P**ower, **A**gility, and **S**peed (**SPAS**) Training Camp

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16 Week **SPAS** Offseason Workout Program with Nutritional Information

If you are an athlete looking to improve sports performance, increase strength, size, and speed, this combination package of a SPAS camp and workout program packet is the best investment for committed players this offseason.

This is a complete, detailed offseason program that leads right up the spring season and will help players reach their offseason goals and prepare them for the upcoming season. The first two weeks of SPAS camp will consist of proper instruction of movement patterns and proper technique to ensure that players have a foundational understanding of correct patterns and movements. This will promote injury prevention while also helping players obtain a basic understanding of the terminology that that will be utilized in the workout program.

The third week will comprise of initial testing in preparation for the individualized 16-week workout program that players will complete on their own.  Throughout the program, players will be held responsible and held accountable for a remote weekly check-in with the Indiana Chargers Strength & Conditioning Coach, Evan Jurjevic.  In this weekly check-in session, all players will be expected to have data collected such as: Caloric Intake, Macronutrient Percentages (tracked through the free MyFitnessPal App), and Fasting Body Weight at the beginning of the week.

Data collection will be critical to ensure that players are continuing to progress within the program.  In addition to the weekly check-in, all players who participate will have a direct line of communication available to Coach Evan and can utilize him as a resource for guidance and assistance throughout the program.

Program Details:

* SPAS camp consists of 3 weeks of functional training
  + October 7th - Week 1 SPAS camp (75-90 mins) : 3PM start time
  + October 14th - Week 2 SPAS camp (75-90 mins) : 3PM start time
  + October 21st - Week 3 SPAS camp initial testing for SPAS workout program (1-2 hours depending on numbers) 3PM start time
* November 5🡪February 25th 2019 (16-week workout program with weekly remote check-in)
* February 24th 2019 - Final Testing (60-120 mins depending on numbers) 3PM

Cost: $400 (includes t-shirt)

\*The price of the camp includes the 3-week **S**trength, **P**ower, **A**gility, and **S**peed (**SPAS**) Training Camp

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**Testimonials**

Indiana Chargers Lifting/Nutrition Program

“I want to start out by saying that this workout plan is not for everyone. Experiencing the 16-week program has made me realize that it takes a certain type of athlete to take on this program. **This program is made for an athlete that is self-motivated, determined, and dedicated to getting better at the game they love. Coach Evan is not going to hold your hand throughout the program.** He is not going to text you every day and pump you up in preparation for the workout. Coach Evan will give you the workout, explain every lift to you, and then he expects you to get the job done. If you are expecting a program where the coach is breathing down your neck making sure you do all 4 sets instead of just 3 or all 10 reps instead of 8 then this isn’t the program for you.

**Now for those athletes that are self-motivated, determined and dedicated to getting better, you won’t find a better program out there.** I have done my research on exercises specifically for baseball. I know what is good and what is bad. **Every single lift Coach Evan gives you has a purpose whether it increases shoulder mobility, increases lateral strength using lower body lateral workouts, or his emphasis on explosion with just about every lift.”** All of these things will benefit you on the baseball field. Look at me for example, **my exit velocity off the tee increased 4 mph, throwing velocity from the outfield increased 3 mph, and I put on 14lbs. The biggest improvement was in my 60-yard dash time which went from a 6.9 to a 6.64. The results are there. Coach Evan’s strength/nutrition program really helped me take my game to the next level. I highly recommend this program for any and all athletes that want to improve their game and have the dedication and drive to get better every single day.”**

-Patrick Farrisee current Charger

“**There is no doubt in our minds the work that our son put in to make himself a better athlete was the result of his training with Evan.** Our son had the heart and mind of an athlete but was lacking the speed and agility to remain competitive. **With Evan’s training and nutritional coaching, our son went from 230 to 195 pounds.** His strength and agility improved immensely which opened him up to more versatility on the field. **His bat speed increased leading him to the best offensive year of his baseball career.** **Our son will be playing baseball at the collegiate level due to the self-improvement effort he applied using Evan’s training as a catalyst.”**

-Linda Zeese, Mother of Former Charger Kerry Zeese