



The **EPICENTER**

SPORTS PERFORMANCE
ENHANCEMENT

Frequently Asked Questions About The Epicenter for Sports Performance Enhancement

- 1) What is the Epicenter's goal for each athlete?**
For each athlete that we train we want to improve their athleticism. We strive to make them run faster, jump higher, change directions more quickly and efficiently. Finally, we want to educate the athlete on how to train properly and help them reach their fullest potential. Our goal is to give the athlete back to the coach with increased physical skills to perform their individual sport. We also want to become a resource for the athlete and their families. Our staff of strength and medical professionals allows us to work with athletes who are seeking to better themselves through speed training, nutritional advice, or are recovering from an injury.
- 2) What services does the Epicenter provide?**
We offer an Explosive Speed and Agility program, Baseball Pitching programs, Personal Training, and Physical Therapy services. Our physical therapy services are covered by most insurances and we are happy to file the insurance for you.
- 3) How long is the Explosive Speed and Agility program?**
Our Speed and Agility Program is 18 sessions and we encourage the athlete to complete these training sessions within an 8 week period (attending 2-3 times a week). We test the athlete on speed, agility, flexibility, and strength the first week and re-test them to measure improvement the last week of training.
- 4) What is the cost of these programs?**
The average cost per session for our Speed and Agility program is only \$25 (18 sessions for a total of \$450). The athlete is trained in small groups (2-5 athletes) to insure proper techniques and individual attention. Payment is paid in full at the first visit or ½ at the first session and ½ at the 9th session.
- 5) When can I begin these programs?**
We have a "rolling enrollment" so once you determine your athlete's schedule then we can start the program. Our most popular times are during the summer and during the season opposite the high school sport. For example: summer, fall or winter for the female soccer player and winter, early spring, and summer for the male soccer player.
- 6) Where is the Epicenter?**
We are located in South Charlotte in Ballantyne. Our address is 15825 John J. Delaney Drive, Charlotte, NC 28277.

**If you have further questions about our programs
please visit our website at www.epicenterperformance.com
or call us at 704-341-5260**