



Ascension Borgess

ATHLETIC PERFORMANCE

Performance Training



Exceptional conditioning for athletes

Our strength & conditioning coaches combine sport specific techniques with high performance training equipment for programs proven to enhance performance.

8 Week average improvements

Athletes trained by our strength & conditioning coaches may significantly improve

- First step quickness
- Vertical jump (2 inch gain on average)
- Injury prevention
- Rate of acceleration
- Change of direction
- Overall top speed

Performance facility highlights

- Tuff Tread high speed treadmill
- Agility & strength training equipment
- VertiMax jump training system

8 Week training program

Athletes attend customized training with certified strength & conditioning coaches in our performance studio

