



2018 Summer Sports Training Programs

Hunter Saffell

hlsaffell@sbrmc.org

870.243.5745



Sports performance training is becoming a necessity for athletes that want to excel. It's no longer good enough to be talented...athletes must be strong, fast, powerful and injury free to get ahead of the competition.

Our team of strength & conditioning specialists and sports performance coaches will design a sports-specific program for individuals and teams that focuses on improving overall performance, including strength, speed, agility, power and injury prevention. By teaching and emphasizing excellent form during training sessions, our athletes are optimizing the quality of their workouts and taking that excellence into their performances.

Meet Our Trainers



Hunter Saffell - Sports Performance Training Coordinator

- * A.S. Shawnee College
- * B.S. Exercise & Sports Sciences, Arkansas State University
- * M.S. Exercise Physiology & Sports Sciences, Arkansas State University

ACTION Personal Trainer

Certified Speed and Agility Coach NSPA (CSAC)

USA Weightlifting Level 1 Sports Performance (USAW-L1SP)



Jemar Clark - Sports Performance Training Specialist

- * Bachelor of Science in Exercise Science from Arkansas State University
- * Strength and Conditioning Specialist

Jemar was a 3 year starter, 2 time First Team All Sunbelt Conference, Lineman of the year, team captain, 4 time conference champion and had the opportunity to train with the Philadelphia Eagles Pro team.



Jessica Greene - Strength & Conditioning Specialist

- * Bachelor of Science in Exercise Science from Harding University
- * Internship at University of South Florida in Athletics, Strength and Conditioning National Strength and Conditioning Association
- * Certified Strength and Conditioning Specialist (CSCS)

Jess played Collegiate Softball at Harding University. To find out more about her softball training and conditioning program contact Jess at jgreene@sbrmc.org Individual and team training available.

2018 Spring Sessions

TIME	AGE GROUP	FOCUS
4:00 - 5:00 pm	6-13 (1st-8th grade ONLY)	DEVELOPMENT
4:30 - 5:30 pm	6-18 (open for any athlete)	DEVELOPMENT AND PERFORMANCE
5:00 - 6:00 pm	6-18 (open for any athlete)	DEVELOPMENT AND PERFORMANCE
5:30 - 6:30 pm	13-18 (9th-12th grade ONLY)	PERFORMANCE

Summer Sessions Begin on June 4th

TIME	AGE GROUP	FOCUS
9:00 - 10:00 am	Ages 6 - 12	DEVELOPMENT (speed only)
10:00- 11:00 am	Ages 13 - 18	PERFORMANCE (speed & strength)
4:00 - 5:00 pm	Ages 6 - 12	DEVELOPMENT (speed only)
5:00 - 6:00 pm	Ages 13 - 18	PERFORMANCE (speed & strength)

Limit One Training Session Per Day Monday - Thursday

Daily Drop-In \$10.00

1-Month Unlimited Training \$100.00 (paid monthly)

3-Month Commitment \$90.00 (monthly auto-draft)

6-Month Commitment \$80.00 (monthly auto-draft)

9-Month Commitment \$75.00 (monthly auto-draft)

12-Month Commitment \$70.00 (monthly auto-draft)

Private Training Available-Performance Specific

Cancellations will require 50% of remaining balance

20% Discount for Multi-Kids

www.sportstraining.com/sports-training

#stbsportstraining