



## Kempsville Pony Baseball League-Wide SPARQ Testing Event

### Why Velocity Sports Performance?

- Helps athletes of all ages and skill levels develop their full athletic potential
  - Professionally certified and degreed coaches
- Challenging training sessions resulting in improvements in speed, power, agility, balance, and flexibility
  - Guaranteed Results!

### SPARQ Rating

- Powerful new tool for measuring overall athleticism
- Measures speed, power, agility, reaction and quickness
- A combined score which shows athletes, coaches, and trainers exactly where they stand and where they can improve their performance through training

**WHEN:** Sunday, May 18th

**WHERE:** Velocity Sports Performance

**TIME:**

Mustang Players

-Registration 1:00-1:30

-SPARQ Testing 1:30-2:30

Bronco & Pony Players

-Registration 2:00-2:30

-SPARQ TESTING 2:30-3:30

**Events:** SPARQ Testing. Measure your speed, power, agility, reaction and quickness.

**WAYS TO REGISTER:** Call 757-361-58500 or online at [www.velocitysp.com/hrva](http://www.velocitysp.com/hrva) & click on calendar icon; Log-In or Create New User; click on Clinics tab

**Your Competition will be there...will you?**  
Call 757.361.5850 to RSVP and for more information.

Official Training Partners

