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## SPEED AND STRENGTH TRAINING PACKAGES

6-month contract: \$115.00 per month

4- month contract: \$480.00 up front

3- month contract: \$360.00 up front

2- month contract: \$280.00 up front

1-month contract: \$180.00 per month

## STRENGTH TRAINING PACKAGES

1-month contract: \$105.00 per month

## SPEED TRAINING PACKAGES

6-month contract: \$75.00 per month

1-month contract: \$105.00 per month

## SPEED AND STRENGTH TEAM TRAINING PACKAGES

Special Discount Rate for Team Training of 15 or more.

Please Call (985) 626-3706 for rates.

## NFL Combine/Pro Day TRAINING PACKAGES

Please Call (985) 626-3706 for rates.

## Professional / Elite Training Package

Please Call (985) 626-3706 for rates.

## ADULT TRAINING PACKAGES

1-month group training:\$160.00 per month or \$20.00 Per session

(Pelican Athletic Club members only - call for times and dates)

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### Philosophy

“At X-CEL Sports Performance the speed and strength staff takes a comprehensive approach to the physical and mental development of our athletes. Strength training, speed development, plyometrics, agility, quickness, flexibility and anaerobic/aerobic endurance programs are based on the specific movements and physiological demands of each sport. These variables are all essentials in becoming a great athlete.”

- Coach Jason De Melo, USAW

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## X-CEL @ PAC

1170 Meadowbrook Blvd.

Mandeville, LA 70471

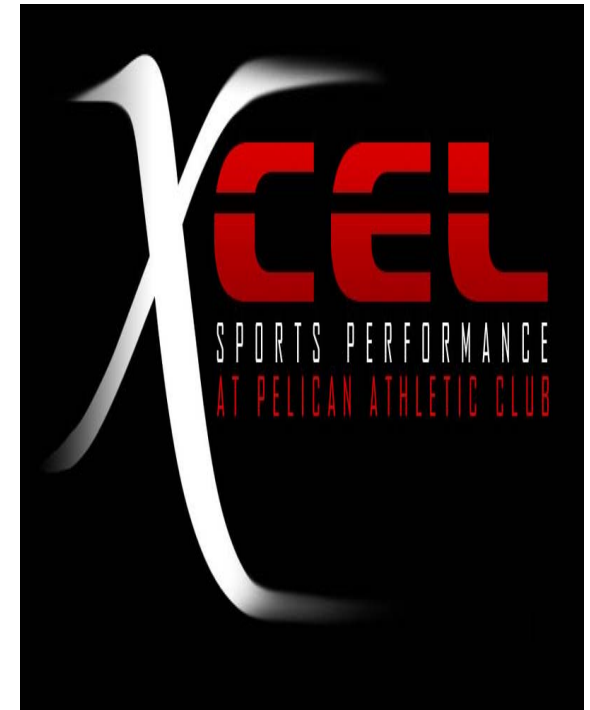
Phone (985) 626-3706

Fax (985) 626-3050

E-mail:

X-celsports@hotmail.com

www.thepac.com



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## X-CEL SPORTS PERFORMANCE

“SURPASS THE COMPETITION”

Coach Jason De Melo

Phone: (985) 626-3706, ext. 135

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## YOUR TRAINING STARTS HERE...

### **X-CEL Sports Performance Jr. High and High School Assessment**

At X-CEL Sports Performance there is no "one fits all" approach to what we do. Our programs are developed, implemented and tracked according to your specific goals and objectives. Our professional staff have the experience and tools to accurately assess your current ability level.

The **X-CEL Sports Performance Assessment** is significant to every athlete in our program for two main reasons:

- \*Assesses the current ability level of the athlete to help properly place the athlete in correct speed and strength group.
- \*Helps X-CEL Director develop the proper speed and strength program for the athlete, allowing for accurate monitoring of each athlete's development.

The X-CEL Sports Performance Assessment is a mandatory first step for every Jr. High or High School athlete that enters the X-CEL Sports Performance Program. Throughout the assessment, the athlete will be taught the X-CEL dynamic warm-up, be examined throughout our Speed Improvement Drills, and finally be put through a test of speed, power, agility, reaction and quickness tests better known as a X-CEL Sport-specific rating analysis. Once the X-CEL Sports Performance Director has the final information the assessment will be evaluated and the athlete will be placed in the proper speed and strength program according to the athletes' results and chosen sport.

### **Youth and Middle School**

8-11 years old

Child development experts suggest that a child's greatest opportunity for motor learning occurs between the ages of 8 and 14. Once an athlete misses the opportunity to learn the basics, it becomes difficult to "unlearn" bad habits and correct neuromuscular deficiencies. The Youth and Middle School program places a high emphasis on proper body mechanics as well as athletic coordination, strength, balance and flexibility. These variables are all essential in establishing a child's athletic foundation for enhanced performance, injury prevention, and most importantly, to prepare for a lifetime enjoyment of sports participation. ***This program takes place Tuesday and Thursday for one hour each day. The times are every hour on the hour: 3:00, 4:00, 5:00 and 6:00.***

### **Jr. High School**

12-14 years old

The Jr. High Program introduces Olympic-style weight lifting which helps the athlete develop explosive force. Also introduced is plyometric training, which teaches "how to jump and how to land." This program still places a high emphasis on the proper body mechanics as well as athletic coordination, agility, strength, balance and flexibility. This is a 5-day a week program, Monday through Friday. Monday, Wednesday, and Friday consist of strength training, while Tuesday and Thursday consist of speed, agility, plyometric and endurance training.

### **High School and College (Fall / Spring Program)**

This program is all about sports-specific speed and strength training. Programs are individualized to each athlete and his/her sport. This is a four-day a week program with one rest day. Monday, Tuesday, Thursday and Friday are strength days while Tuesday and Thursday include speed work. Wednesday is an active rest day where the athlete is encouraged to participate in "YOGA for Athletes" held at PAC (no additional charge). ***This program is 1 ½ hours M-W-F and 2 ½ hours Tuesday and Thursday. Times are every hour on the hour: 3:00, 4:00, 5:00 and 6:00.***

### **High School and College (Summer Program)**

The summer program is very similar to our Fall/Spring program, but workouts are longer and more intense. On Wednesdays, the athlete can choose from either "Yoga For Athletes" or Karate, both offered at PAC, and included in the monthly fee. ***This program is 2 ½ - 3 hours long. Times vary per group please call for more information.***

### **Facilities**

The facilities at X-CEL Sports Performance are the finest on the Northshore. The state-of-the-art 4,000 square foot indoor Speed and Strength complex offers an optimal environment for athletes of all ages and abilities. X-CEL also has a 50 x 80 yard outdoor grass field where athletes work on their speed, agility, plyometric, and conditioning programs. And when the weather does not cooperate, X-CEL also has an indoor turf running surface where the athletes can continue to train while staying out of the elements.

### **Testimonials**

"Before I met Coach Chad the fastest I had ever run a 40-yard dash was 4.55. I trained with Jason for eight weeks and ran a 4.32 sec 40-yard dash which helped me get into the NFL."  
**-Dudly Guice- Indianapolis Colts**



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