



# Why Train?



Sports are played within your local town, city, state, country, and around the world. Just think about how many millions of people around the world play your sport. Not only are you competing with athletes from your community or state, you are competing against people around the world who have the same dreams and aspirations as you. Many athletes practice their sport throughout the year to perfect their craft. Great!! Just practicing your sport and getting your repetitions can help your game, but will it help make you a complete player?

A complete player works on conditioning themselves and training their bodies to endure the rigors of their sport. A complete player works on improving their speed, agility, and strength. Speed and agility are two very important components for an athlete to excel at their sport at a high level. Many sports require the individual to have a quick first step, the ability to change direction, instant reaction time, speed, power, flexibility, hand-eye coordination, instant reaction, and endurance. Game 7 will help train you to develop these qualities. Game 7 will help you gain that extra burst of speed, that split-second edge over your opponent, and the strength and explosiveness you'll need to overpower your competition. Game 7 is where athletes train to separate themselves from the competition. Be a complete player with Game 7. Don't let the competition pass you by.