



Velocity is offering free Nike SPARQ testing for the Virginia Beach Mustangs!



When: Saturday, June 20th, 1-3pm

Where: Velocity Sports Performance Chesapeake

Who: All Virginia Beach Mustangs Teams!

What: Nike SPARQ Youth Football Combine/Showcase Clinic

Why: Benchmark your athleticism and compete against your teammates and opponents to win prizes

SPARQ stands for Speed, Power, Agility, Reaction, and Quickness and is a Nike-developed testing protocol to evaluate baseline athleticism. A SPARQ score provides you an immediate way to assess how you rank compared to the best athletes across the country. SPARQ ratings are increasingly being used by coaches and recruiters to evaluate an athlete and can play an important role in college recruitment. In addition, a SPARQ Rating provides you an athletic benchmark to

Why do YOU train?

**Call today to register
before spots fill up!**

Tests Include:

- Yo-Yo Intermittent Recovery Test
 - Vertical Jump
- Kneeling Power Ball Toss
- 20 Meter/30 Yard Sprint
- 5-10-5 Agility Shuttle

***Sport specific testing available upon request**



**Velocity Sports Performance
1801-F Sara Dr.
Chesapeake, VA 23320
757.361.5850
www.velocitysp.com/hrva**