

<b>16 Hours- Regional or On-Site</b>	
<b>Day 1:</b>	<b>Subject</b>
8:00 AM	Group Introductions
8:30 AM	PSS History and Culture
	PSS Sessions Structure
	PSS Session Overview
	(PW, GT, JS, TP, Elite, PEAK, PT , PM4 Team)
9:30 AM	ADW Theory/Hands On
12/Noon	LUNCH (on own)
1:00 PM	PeeWee/ Gametime/ Jump Start Programming
2:00 PM	Biomechanics of Linear Speed
3:30 PM	PSS Evaluation- Walkthrough w/ 1 or 2 subjects
<b>Day 2:</b>	<b>Subject</b>
8:00 AM	Day 1 Review
8:30 AM	Acceleration Theory/ Hands on
11:00 AM	Train Heroic: Overview
12/Noon	LUNCH (on own)
1:00 PM	Maximum Speed Theory/Hands on
3:00 PM	Day 2 Review/ Recap
<b>Day 3</b>	<b>Subject</b>
8:00 AM	Day 2 Review
8:30 AM	The Basics of Multi Directional Theory/hands on
10:30 AM	Strength Lecture (Hands on if applicable)
12/Noon	LUNCH (on own)
1:00 PM	Positive Coaching
3:00 PM	
**Schedule subject to change**	