

# Experience

## Western Canada's Premier Sports Performance Centre



The goal of ATHLETES NATION's 1st Step Quickness is:

Be the 1st to React, Be the 1st to Take Control of the Play,  
Be the 1st to go on the Attack.

In today's sophisticated sporting world, skills and size alone are not enough; soccer players have to continue to raise the bar. 1SQ is based on the need for players to develop **ALL** the necessary components of speed, power, strength and conditioning to be successful in soccer.



\$100 Early Booking Discount if paid before June 15th

Those interested are to contact Dan LaJoie,  
Director of Athletic Performance at [780.458.3700](tel:780.458.3700).



### Athletes Nation Services include:

- Complete Strength and Conditioning for any level of experience
- Indoor Turf-Surfaced Speed and Tempo Track
- Turf-Surfaced Fieldhouse for year-round training
- State-of-the-art testing to keep athletes in top form
- Year-round facility rentals to meet your every training need

**ATHLETES  
NATION**  
[athletes-nation.com](http://athletes-nation.com)

1-780-458-3700