

PRECISION SPORTS PERFORMANCE AT OP

Precision Sports Performance (PSP) is a premier all-inclusive sports performance company specializing in strength, conditioning, speed and agility training. The team at PSP consists of certified trainers that have works with many elite athletes and teams on every level.

The PSP philosophy is “Better Training Through Science” and each athlete will be evaluated and programs will be designed based around the athlete’s sport/position, age and competitive level. The focus will be on injury prevention, speed training and conditioning.

PSP will be working with OP out of season athletes on Tuesday and Thursday afternoon beginning on Tuesday October 16th. There will be 2 sessions per day:

3:00 – 4:30 will be freshmen and sophomores

3:45 – 5:15 will be juniors and seniors.

Registration

All athletes that are going to participate must register at www.familyid.com.

We are asking that all athletes that want to take part also have a current physical on file in the nurse’s office.

Any questions regarding this program should be directed to Mr. Gist via email at pgist@oratoryprep.org.