

Velocity Sports Performance



Velocity Sports Performance, the premier training facility of St. Louis, would like to invite your high school football player to see how they rate! Come out March 15th at 2:00 p.m. to be tested. In addition to this free test, all participating athletes new to Velocity Sports Performance will receive a week of free training for March 17th-March 22nd. This rating will allow you to see how you compare to other athletes across the country. Also, this will indicate areas of improvement that the athlete can achieve through sports performance training. Any interested athletes need to call to reserve their spot.



SPARQ stands for Speed, Power, Agility, Reaction, and Quickness. The SPARQ rating (www.sparqtraining.com) is a powerful new testing tool for measuring overall athleticism. The results of five tests are combined into a single rating, your SPARQ rating.

See How You Rate!

The Tests

40 yard dash

Vertical Jump

Pro Agility

Kneeling Powerball Toss

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