

## **Sports Performance Training: Strength, Power, and Agility**

- Private or Group Training
- Flexible Scheduling
- Locations in Norman and Oklahoma City

### **Benefits:**

- Injury prevention
- Enhances athletic performance: Faster, Stronger
- Teaches discipline and body awareness
- Enforces proper jumping and landing technique

### **Contact information:**

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Taylor is the 15 National Coach and Head Volleyball Coach of Norman High.