Apply for a chance to train like a Paralympian!

LAKESHORE
SPORTS SCIENCE & PERFORMANCE CENTER

$1,000+ Value!

Lakeshore Sports Science and Performance Center is offering two FREE training packages to athletes during *The Hartford Nationals July 12-18.

What is SSPC?

Lakeshore Sports Science and Performance Center, located in Birmingham, AL, provides athletes an unrivaled training experience, combining science-driven sports performance services with expert knowledge, online resources, and cutting-edge facilities, so athletes at any stage can achieve peak performance.

How to Enter

Submit an online application by visiting

lakeshore.org/applysspc

Application deadline: **June 14, 2024**

Applicants must be 14 years or older

Training Package Includes

- Nutrition Services
- Strength and Conditioning Consultation
- Mobility Training
- Performance Assessments including DEXA Scan, Resting Metabolic Rate, Speed, Agility, Strength and VO_2 Max
- Lakeshore campus lodging
- Lakeshore SSPC swag and apparel

*Assessments must be conducted between July 10-19, 2024

Additional Offers

Discounted Performance Assessment Packages are available *during The Hartford Nationals. All athletes who purchase a package will receive a free SSPC t-shirt.

Rookie Package: $25

- Option 1: DEXA Scan & Power Assessment + FREE Speed Test
- Option 2: VO_2 Max & Power Assessment + FREE Speed Test

All-Star Package: $50

- DEXA Scan, VO_2 Max, Agility and Power Assessment + FREE Speed Test

*Assessments must be conducted on July 16, 2024 or another date during The Hartford Nationals.