

# Athletes In Motion

The SHHS Girls Soccer Program is pleased to announce our partnership with Athletes In Motion (AIM). Since the 2016 season, the Lady Lancers have been receiving training from the awesome AIM STAFF (Walt, Brad, Jasmine) and it has really made a difference. AIM works with our players on running form, first step acceleration, lateral speed & agility, power explosiveness, conditioning and recovery practices. We encourage our athletes to train with AIM year-round both in season and out. The AIM STAFF is extremely positive, passionate & professional.



**Walt Shedd**

[www.athletesinmotion.net](http://www.athletesinmotion.net)



## **ATHLETIC AND SPORTS PERFORMANCE TRAINING**

"Since we have engaged AIM two years ago, our players have become significantly more efficient in their movements and with much lower rates of injury" – Coach Gordon

Athletes in Motion combines a unique understanding of the science of biomechanics with the science of speed, agility, strength, power, and conditioning

**15% OFF GROUP  
OR PRIVATE  
TRAINING**

# **ATHLETES IN MOTION**



### **CONTACT US**

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