

Welcome to the Longfellow Sports Performance Center

After several versions of the Longfellow Sports Performance Center Brochures we have decided a three- fold pamphlet did not do it justice. This booklet will allow us to better convey the benefits of training at the LSPC.

We are always looking for new ways to improve our programs, so your input is invited. What you will find in the following pages are:

- Educational articles written by our highly qualified and professional training and coaching staff*
- More detailed descriptions that increase your knowledge about our programs.*
- Details on creating your own training group. You provide the athletes, and we'll help craft a training program to perfectly suit your needs, as well as provide professional coaching.*
- Individual and semi-private training options*
- Upcoming programs and events.*

If you have not been to the LSPC, we invite you to come down and have a look. We are tucked away behind the squash courts. Although off on its own, this location provides a great venue to focus and train with minimal distractions. It allows us to accomplish a tremendous amount of training in less time and leads to optimal performance.

We look forward to working alongside you in your pursuit of your athletic and performance goals.

Tim Crowley BS, CSCS, NASM-PES
Director of LSPC