

Why Spiece Sports Performance?

- Individualized training based on age and ability
- Entire staff is certified and appropriately trained
- Sports medicine physician overseen curriculum
- Safest and best equipment available
- Our coaching staff works together to provide a safe training environment that is technique focused
- Our program specializes in Olympic exercises to develop and establish a foundation of strength and conditioning that is results driven and athlete focused
- Our athletes will develop coordination through movement preparation, establish a foundation of core strength, and make improvements in speed, explosive power, jumping ability and agility that will directly transfer into their sport

Train with the Best

Our Mission

To provide the most up to date, scientifically based and physician overseen, specialized sport performance training in the industry.

Spiece Sports Performance combines exercise science, injury prevention and biomechanics to build faster, stronger and more explosive athletes of all ages.

Results

- On the field, on the court, and on the track



SPIECE
SPORTS PERFORMANCE

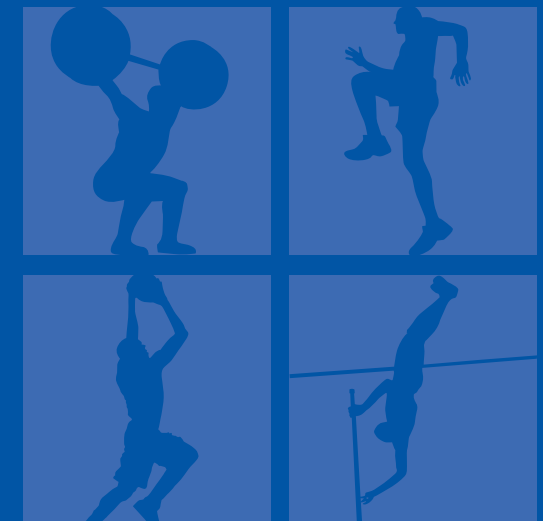
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Train with the Best



Functional Movement Screen (FMS)

Spiece Sports Performance has chosen the FMS Screening as our basis for evaluation and design of our training programs. FMS Screening is an assessment tool used to identify imbalances in mobility and stability during fundamental movement patterns. Teams such as the Indianapolis Colts, Chicago Bears, Green Bay Packers, University of Texas and University of Wisconsin all have benefited from using FMS.

Through the use of FMS our coaching staff can identify problem areas, use retesting to measure improvement, and most importantly prevent injuries. Our coaches can then create customized training and treatment plans specific to your athlete.



Exercise through Science

We Strive to Improve



- Speed Development



- Core Training

- Agility



- First Step Quickness

- Reduced Injuries



- Coordination

- Balance

- Flexibility



- Strength

- Explosion



- Vertical Jump

- Post Injury Rehab



Contact Us

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Director of Sport Performance & Fitness

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Our Coaches

Our team of coaches is led by Becky Levi who has over 25 years of experience training athletes at all levels. Becky's accomplishments include being an Olympic Alternate in the discus throw in 1988 and 1992 and a Silver Medalist in the first women's world weightlifting championships

- Our staff is certified by the National Strength and Conditioning Association (NSCA), Certified Strength and Conditioning Specialist (CSCS), Level 1 USA Track and Field Certified (USATF), USA Weightlifting Sport (USAW) and Functional Movement Screen (FMS)
- Many of our coaches are former college athletes who hold degrees in sports training and/or exercise science
- Our coaches ensure that the individual athlete is their primary focus

Our Facility

- State of the art equipment
- Competition field turf area
- High impact, shock and noise reduction flooring
- 6,000 Square foot, controlled and safe environment
- Convenient and accessible-located within the Spiece Fieldhouse (off of I69 and Lima Road, exit 111A)