

1027 Performance — Winter Speed Schedule

Dec 2025 – Mar 2026

Location: Second Baptist Athletic Performance Center

Booking Link: bit.ly/1027schedule

Contact: coachwillis@1027performance.com | 512-420-7299

Membership Options (4-Week Billing)

All memberships are billed every 4 weeks. Sessions must be booked in advance.

- **1 session/week — \$219**
- **2 sessions/week — \$269**
- **3 sessions/week — \$319**
- **4 sessions/week — \$369**

Notes:

- The week starts at **12:00am Monday** and ends at **11:59pm Sunday**
 - Sessions **do** roll over week-to-week *within* the same 4-week cycle
 - Sessions **do not** roll over to the next 4-week billing cycle
 - For example, if you're on the 2x/week membership and miss a session one week, you can come to three sessions the next week
 - Sessions only roll over to the *next week*. Unused sessions from Week 1 of the billing cycle cannot be used in Week 3
 - All sessions capped at **8 athletes**
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How Scheduling Works

- Sessions open **4 weeks in advance**
- Sessions close **3 hours before start time**
- Booking is required beforehand
- Use the link above to reserve your athlete's spot. The full schedule graphic is shown on page 3

Session Types Explained (Youth, MS/HS, Open)

Youth Speed Sessions (Grades 3-6)

Designed for elementary-aged athletes. These sessions focus on fundamental movement skills, coordination, and introductory speed mechanics in a safe, confidence-building environment.

MS/HS Speed Sessions (Grades 7-12)

For Middle School and High School athletes only. These sessions use more advanced speed, acceleration, and change-of-direction progressions that match the physical and technical needs of older athletes.

Open Speed Sessions

Open to all ages (Youth, MS, and HS). These sessions follow a simple, universal format: a structured warm-up followed by either sled work (prowler pushes or pulls) or timed sprints on the timing gates. Everyone does the same workout. Open sessions are a great option for mixed-age families or athletes looking for an extra day of speed work.

Session Rules & Expectations

- Arrive **5 minutes early**
 - Athletes should bring water and athletic shoes
 - Cancellations should be made inside PushPress
 - No-shows count as used sessions
 - MS/HS sessions are for Middle School & High School athletes **ONLY**
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Holiday / Travel Schedule

- **Dec 24:** Open Speed Sessions at 9AM, 10AM, 11AM
 - **Dec 25:** CLOSED
 - **Dec 31 – Jan 4:** CLOSED
 - **Jan 10–11:** CLOSED
 - **Jan 24–25:** CLOSED
 - **Mar 2–5:** CLOSED
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Questions?

Text or email anytime.

We're here to help you find the best schedule for your athlete.

Weekly Training Schedule



WINTER SPEED SCHEDULE

Dec 2025 - Mar 2026

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| MON-THU | SAT-SUN |
|---|---|
| YOUTH SPEED SESSION 5:30 - 6:20PM | SATURDAY OPEN SESSIONS 11:00 - 11:50AM 12:00 - 12:50PM |
| MS/HS SPEED SESSION 6:30 - 7:20PM | SUNDAY OPEN SESSIONS 4:30 - 5:20PM 5:30 - 6:20PM |

SCHEDULE NOTES

- All sessions capped at 8 athletes
- Booking required beforehand. All sessions open 4 weeks in advance and close 1 hour before start time.
- Small group speed training
- MS/HS sessions are for Middle School and High School athletes ONLY

HOLIDAY SCHEDULE

- Dec 24: 50-Minute Open Speed Sessions at 9AM, 10AM & 11AM
- Dec 25: CLOSED
- Dec 31 - Jan 4: CLOSED
- Jan 10 - 11: CLOSED
- Jan 24-25: CLOSED
- Mar 2-5: CLOSED

🌐 1027performance.com ✉ coachwillis@1027performance.com ☎ 512-420-7299

