

# CSI ATHLETE

1 Eagle Valley Court  
Broadview Hts., Ohio 44147  
440-263-5676  
[www.csiathlete.com](http://www.csiathlete.com)

**Speed & Conditioning**  
7-10 year olds

**Sport Speed**  
11 – 14 year olds  
15 & older

**Body Weight Strength**  
11 – 14 year olds  
15 & older

**Barbell Strength**  
15 & older



**BUILDING ATHLETES THROUGH SPEED OF  
MOVEMENT AND STRENGTH OF CHARACTER**

CSI Athlete can help athletes improve their athletic skills, through speed, agility and strength training. We offer many options of training to fit individual as well as team needs.



Call 440-263-5676 or  
email [schedule@csiathlete.com](mailto:schedule@csiathlete.com)  
for more information

Visit [www.csiathlete.com](http://www.csiathlete.com) for training  
schedule and to schedule your  
**FREE** training session