



## S.P.A.R.Q TESTING

**SPARQ**



Testing can be performed on an individual appointment basis or at our combines. Please call/contact "CNY Speed Training" to schedule your testing session or check dates for the next combine.

S.P.A.R.Q (Speed, Power, Agility, Reaction, Quickness) is a testing method used throughout the country to rate athletes on the above five areas of athleticism.

The S.P.A.R.Q rating is the first-ever system designed to measure sport-specific athleticism. Created to capture the key aspects of athleticism, these tests are combined and weighted in a unique proprietary formula.

While the conventional wisdom is that athletes are born 'fast' or 'slow', science has proven conclusively that a training program focused on retraining muscle fibers and neurons to react more quickly and accurately can greatly increase an athlete's speed, agility, and explosiveness.

"CNY Speed Instructor, Dennis Dewane, is a certified S.P.A.R.Q Trainer. This means, he can test your athlete using the proper protocols and then place those results on the S.P.A.R.Q website for college and professional coaches to view and evaluate. This can all be done immediately upon completion of your athlete's S.P.A.R.Q Testing session.

Please contact us for further details regarding this unique and scientifically objective testing method. You can also visit the S.P.A.R.Q website at, [www.sparqtraining.com](http://www.sparqtraining.com), to learn more about S.P.A.R.Q.

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AUTHORIZED