



FUNCTIONAL SPEED ACADEMY LLC

TEAM PERFORMANCE

Clinics • Integration • 16-Week Performance Partnerships

**BUILD THE HUMAN FIRST.
THEN THE ATHLETE.
THEN THE PLAYER.**

We build the athlete underneath the game.

Professional

Collegiate

High School

Private School

Club

Travel

Youth



THE GAME UNDERNEATH THE GAME

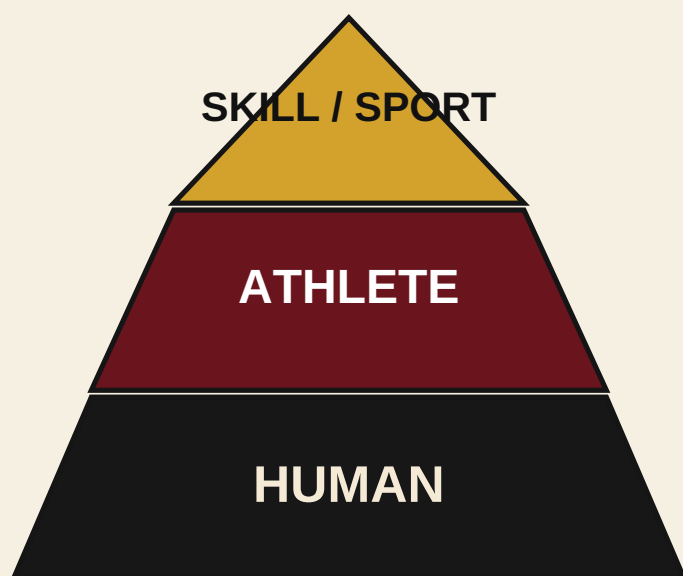
Your coaches teach the sport. We develop the human and athlete responsible for playing it.

Every sport has technical skill. Hit. Throw. Skate. Shoot. Pass. Field. Defend. Tackle. Compete. Underneath those skills is a human who has to see, react, accelerate, stop, redirect, create force, solve problems, communicate, recover, and perform under pressure.

That is the game underneath the game.

That is where Functional Speed Academy lives.

THE FUNCTIONAL SPEED ACADEMY PERFORMANCE PYRAMID



SKILL / SPORT

Technical skill, tactical execution, position-specific skill, and decision-making inside the sport. This is where everything underneath gets expressed.

ATHLETE

Speed, multi-directional speed, acceleration, deceleration, agility, reaction, perception, strength, power, conditioning, coordination, and movement quality.

HUMAN

Psychology, physiology, nervous system, breathing, functional mobility, nutrition, recovery, confidence, communication, intent, focus, resilience, and ownership.

HUMAN → ATHLETE → SKILL

We do not start at the top of the pyramid and hope everything underneath works. We build from the bottom up.



SPEED IS OUR LANE.

Sport is not played in straight lines.

Athletes accelerate, brake, shuffle, crossover, retreat, rotate, cut, reposition, recover, react, and then solve the next movement problem while the environment changes around them.

WE TEACH MULTI-DIRECTIONAL SPEED IN REAL TIME.

Not memorized cone patterns. Movement that adapts to space, time, people, objects, and pressure.

SPEED + ACCELERATION

First-step quickness, projection, sprint mechanics, and speed from multiple positions.

4D SPEED + AGILITY

Forward, backward, lateral, rotational, and reactive movement through space and time.

DECELERATION + REACCELERATION

Control momentum, redirect efficiently, and create speed again.

REACTION + PERCEPTION

See information, process it, decide, and move.

STRENGTH + POWER

Build the force and explosiveness underneath athletic performance.

CONDITIONING + RECOVERY

Repeat high-quality efforts and recover between them.

WE DON'T TRAIN ATHLETES TO LOOK FAST IN DRILLS. WE TEACH THEM TO MOVE FAST WHEN THE GAME CHANGES.

THE SIX INCHES BETWEEN THE EARS

THE BODY PERFORMS. THE MIND DIRECTS IT.

Mental performance and applied sports psychology principles are intentionally integrated because competition is not only physical.

WE DEVELOP

Intent • Response • Confidence • Focus • Failure + Feedback • Competitive Mindset • Self-Coaching

We are not just developing faster bodies. We are developing better decision-makers under pressure.



TEAM PERFORMANCE CLINIC + INTEGRATION

A customized athletic-development experience built around your sport, your athletes, your level, your environment, and your goals.

THIS IS NOT

A generic speed camp.
Conditioning for the sake of fatigue.
Sport-skills coaching that competes with your staff.

WE BUILD THE ATHLETE UNDERNEATH THEIR COACHING.

A CLINIC MAY INCLUDE

Multi-Directional Speed	Strength + Power Concepts
Acceleration + First-Step	Functional Mobility +
Quickness	Movement Prep
Deceleration + Reacceleration	Competitive Speed Games
Reaction + Perception	Mental Performance
Change of Direction	Communication + Team
Sport-Specific Movement	Culture
Problems	

THE INTEGRATION DIFFERENCE

THE CLINIC DOESN'T END WHEN WE LEAVE.

Every Team Performance Clinic includes a customized **Team Integration Blueprint** designed to help the coaching staff keep using the most valuable concepts inside normal practice.

THE BLUEPRINT MAY INCLUDE

Team Warm-Up • Speed Microdoses • Multi-Directional Speed Concepts • Coaching Language • Selected Drills • Mental-Performance Tools • Culture + Communication • Sport Transfer • Next Development Priorities

WE TEACH IT. WE COACH IT. WE HELP YOU INTEGRATE IT.

TEAM PERFORMANCE CLINIC

\$1,500

Designed for a typical 15-20 athlete team

Final investment may vary based on location/travel and roster size.

≈ \$83

PER ATHLETE AT AN 18-ATHLETE ROSTER

FOR MOST ORGANIZATIONS, THIS IS THE BEST PLACE TO BEGIN WITH FSA.

High-level coaching, practical integration, and immediate value without a long-term commitment.

READY TO EXPLORE A TEAM CLINIC?

Start with a Team Discovery Call. We will confirm fit, scope, location, and final investment.

SCHEDULE A TEAM DISCOVERY CALL





16-WEEK TEAM PERFORMANCE PARTNERSHIP

For select programs that want Functional Speed Academy inside their athlete-development system.

16 WEEKS. FOUR MONTHS. ONE DEVELOPMENT SYSTEM.

This is not the clinic repeated every week. It is not hiring Coach Henry to run drills. This is FSA becoming an integrated component of the organization's performance environment.

HUMAN

Mental Performance • Applied Sports Psychology Principles • Communication • Culture • Leadership • Confidence • Response • Recovery Habits

ATHLETE

Speed • Multi-Directional Speed • Strength • Power • Agility • Reaction • Perception • Functional Mobility • Conditioning • Testing + Retesting

SKILL INTEGRATION

Sport Transfer • Coach Collaboration • Practice Integration • Position-Specific Movement Problems • Ongoing Programming Adjustments

WHY 16 WEEKS?

REAL DEVELOPMENT REQUIRES TIME.

A clinic can introduce and teach. A complete block creates enough runway to **Assess** → **Build** → **Progress** → **Transfer** → **Retest**.

No month-to-month team development. No random weekly workouts. No indefinite arrangement without a developmental objective.

CULTURE IS PERFORMANCE

CULTURE ISN'T A SPEECH. IT'S WHAT THE TEAM REPEATS.

Standards, communication, leadership, accountability, coach-athlete connection, response to adversity, and shared language are intentionally reinforced when the partnership scope calls for it.

16-WEEK PERFORMANCE PARTNERSHIP

\$10,000+

Starting investment per 16-week block

Final investment reflects frequency, roster size, travel, staffing, testing, programming depth, and level of integration.

≈ \$2,500/mo

FOUR-MONTH EQUIVALENT

LIMITED AVAILABILITY. SELECT PROGRAMS ONLY. For most teams, the Team Performance Clinic + Integration Blueprint is the smarter first step.



NEARLY TWO DECADES OF COACHING. ONE CONSISTENT STANDARD.

Coach Henry Aviles has worked across the athlete-development spectrum, from youth beginners through collegiate and professional environments.

PROGRAM ENVIRONMENTS

Professional Athletes

Collegiate Programs + Athletes

High School Programs

Private Schools

Club Programs

Travel Teams

Private Performance Environments

Youth Development

SPORTS EXPERIENCE

Baseball • Softball • Football • Soccer • Hockey •

Basketball • Track + Field • Combat Sports • Multi-Sport
Performance

Experience includes athletes competing at the professional, collegiate, MLB organizational, and Team USA levels, along with programs and families throughout the Temecula and Murrieta Valley and beyond.

THE ATHLETE IN FRONT OF US MATTERS MORE THAN THE ATHLETE ON OUR RÉSUMÉ.

HIGH-LEVEL COACHING

DOESN'T MEAN COMPLICATED COACHING.

A young athlete should not be treated like a professional. A professional should not receive a youth-level solution.

THE COACH CARRIES THE COMPLEXITY.

The athlete gets what they need.

Same standard. Different athlete.

WHY I COACH THIS WAY

SPORT HAS BEEN PART OF MY LIFE FOR AS LONG AS I CAN REMEMBER.

I grew up finding games wherever I could: playgrounds, courts, football fields, wrestling rooms, and tracks. Competition shaped me long before coaching became my career. Nearly two decades later, I still train, compete, study, and coach. Today I also see sport through another lens: **I'm a dad.**

Watching my own kids learn, compete, struggle, succeed, get frustrated, build confidence, and fall in love with sport has only strengthened what I believe.

PERFORMANCE MATTERS. WINNING MATTERS. DEVELOPMENT MATTERS.

But the human we send back home matters more.



THE RIGHT COACHING STARTS WITH THE RIGHT FIT.

Functional Speed Academy does not accept every team inquiry. The purpose is not exclusivity. The purpose is alignment.

WE WANT TO UNDERSTAND

Who are your athletes?
What level are they competing at?
What does your staff value?
What are you already doing well?
Where are the gaps?
What type of culture are you building?
What performance resources already exist?
What are you asking FSA to improve?

THEN WE DETERMINE

Team needs
Development priorities
Clinic vs. partnership
Programming scope
Integration opportunities
Location + schedule
Final investment

If we believe we can create meaningful value, we'll build the right experience. If we're not the right fit, we'll tell you.

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THEN THE PLAYER.**

THE ONLY NEXT STEP

SCHEDULE A TEAM DISCOVERY CALL

Use the button or QR code below. Your email app will open with the subject and discovery questions already filled in.

EMAIL FSA TO SCHEDULE

functionalspeedacademy@gmail.com • [951-347-4090](tel:951-347-4090)
Functionalspeedacademy.com

FSA accepts a limited number of Team Performance Clinics and Performance Partnerships each season.





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