

**Jump higher, run faster,  
run longer and become  
stronger with every practice**



## **GOLD IN THE MAKING**

The MSX training program is committed to giving athletes ages 8-17 the tools necessary for success. We turn average athletes into good athletes, good athletes into better athletes and adjust the program to move them up the ladder to excellence.

Our 1 hour sessions are made up of drills, circuits, and cardiovascular workouts to improve speed, agility, strength, range of motion, and endurance. Together these skills are assets that a competitive athlete must have. MSX is the program that will test you in each of these skills and train you to see improvements that will enhance performance in all sports.



## **MultiSportXcellence**

For information on times,  
dates and cost please visit  
our website

<http://multisportexcel.wordpress.com>

Phone: 613-859-2264 or 613-859-8617

Fax: 613-435-3983

E-mail: [multisportxcel@gmail.com](mailto:multisportxcel@gmail.com)



## **MultiSportXcellence**

**Preparing young athletes for  
excellence in all athletic  
arenas!**



**The 5 S's of sports training:  
Stamina, Speed, Strength,  
Skill, and Spirit; but the  
greatest of these is  
SPIRIT**

All of our coaches are highly experienced with youth and teens and will ensure that your child will enjoy working hard. The program is delivered in a competitive training environment without a "boot camp" attitude and the coach's positive feedback and positive influence will give your child the motivation needed to train harder. Being a part of the MSX program, your child will also learn other necessary skills to be a great athlete, such as sportsmanship and leadership!



The pictures below are of some of the top athletes in Ottawa, Ontario and Canada. They have trained hard to reach their goals and strive to become the best in athletics. These pictures are also of some of the MSX coaching staff. With records, medals, skills and knowledge as proof, you can guarantee that you are being coached by the best.



**GET A HEAD START  
IN THE WORLD OF  
FITNESS AND  
HEALTH!**

- MSX has coached and produced NFL, Olympic, World Championship, NCAA, Canadian Junior, World Junior and OFSAA participants and champions
- Marked improvement for athletes from all levels of fitness
- Sessions offered for athletes ages 8-12 and 13-17
- Individual and team training available
- Based out of Carleton University Athletic Center
- Certified, experienced and friendly coaching staff
- Participate in drills to improve essential skills such as throwing, catching, running, jumping, balance, kicking and agility

