

# RESCUE ATHLETE PERFORMANCE TRAINING

## ARE YOU READY TO TEST YOURSELF?

Prepare to tackle tough physical and mental tasks.

This program concentrates on:

- Functional Strength/Endurance
- Swim/Fin Technique
- Water Confidence
- Run/Ruck Training
- Physical Capacity
- Leadership, Crisis Action Management & Task Performance Under Stress
- Military Physical Assessment Test Preparation

Classes by appointment only

Contact Rob McGee at (682)465-4446,

email [rob@rescueathlete.com](mailto:rob@rescueathlete.com),

or call 671-3490 or 589-8941 for more information.

See instructor for pricing

[www.lacklandfss.com](http://www.lacklandfss.com)

