



Speed and performance training is engineered by World Class Sprinter, Tim Graf. Tim is a former I.H.S.A. and Big-10 Sprint Champion in the 100 meters. At 50+ years old, Tim had recently finished 2<sup>nd</sup> in the nation in the 100 and 200 meters and is still fast. Exactly how fast is he still??? How about running an NFL 4.4 seconds in the 40-yard dash...now that's SPEED!

G.S.E. has been training youths and adults in the Midwest for almost 20 years. The training sessions are intense, and geared for the athlete who devotes his/her time to improve their quickness and overall speed. G.S.E. guarantees results because speed and performance can be learned through muscle memory.

The Graf speed method is designed for all sports. The objective: Increase the Four S's—Speed, Strength, Skill, and Stamina in three planes—horizontal (sprints), coronal (front and back), and vertical (jumps).

**Areas addressed in each session are:**

- ▶ Joint positioning, which determines muscle recruitment
- ▶ Neuromuscular response to speed
- ▶ Maximum velocity and acceleration angles
- ▶ Maximum force application with ground force reaction time
- ▶ Strengthening the joints through flexibility, mobility, and stability

G.S.E. will also field questions about ocular quickness, which deals with processing visual and auditory information, predicting situational probability, analyzing and determining options, and doing the right thing at the right time.

Speed and performance training is not just limited to older athletes. Due to immense popularity of youth sports, G.S.E. works with athletes of all ages. If speed and performance is important at whatever you play, you owe it to yourself to be the best. Several NFL, MLB, and MLS players have worked with G.S.E. and have achieved the results they were looking for...and so could you!

**For clinics, seminars and team packages, Tim Graf may be contacted at:**

Phone: (815) 325-4004 ★ E-Mail: [timgraf1@msn.com](mailto:timgraf1@msn.com) ★ Website: [www.grafspeed.com](http://www.grafspeed.com)

Hours: Saturday 8-10 Sunday 8-10 & 10-12 ★ Location: Joliet Junior College, Building "D"

**SPEED STAFF**

**ALL SPORTS:** Tim Graf, Owner, Former Big Ten 100 meter Champion, 1980 Olympic Team, 30+ Years Experience  
**FOOTBALL:** Gary Rynne, 30+ Years Experience  
**ALL SPORTS:** Brian Quick, Certified Personal Trainer, Certified Level 1 USATF Coach  
**TRACK:** Charles Tabor, Former Collegiate Long and Triple Jumper  
**FOOTBALL/TRACK:** Irwin Teodoro  
**STRENGTH:** Mike McKay, 20+ Years Experience in Weight Lifting/Strength Training  
**ALL SPORTS:** Justin Malec, Big Ten Track Athlete  
**SOFTBALL:** Brianna Hickey, Collegiate Softball Player