



sports performance

that outperforms the competition.

Performance training

Performance training offers the greatest customization for sport-specific movements. We conduct pre- and post-program testing using proprietary computer software to measure your progress. We guarantee that you will experience improvements in speed, agility and strength. In fact, we guarantee it unconditionally.

Team training

CATZ Team Training offers sport-specific programs to teams or groups of young athletes. Team Training programs emphasize sport-specific movements while developing greater fitness, speed, agility and strength. We can also enhance your teamwork, camaraderie and leadership skills.

1-on-1 training

CATZ 1-on-1 training is for athletes who prefer undivided personal attention.

The CATZ guarantee

We guarantee that you will be 100% satisfied with the results of your CATZ training. If you are not completely satisfied, we will refund your money. No fine print to read. No questions asked. No gimmicks. We're that confident in our programs and the people who deliver them to you.

Our coaches are expert at working with athletes. Our expertise comes from having trained some of the finest amateur and professional athletes in the world. And no one understands and trains young athletes better than we do.

"I was at the top of my game and didn't think I could get any better or faster – until I worked with a CATZ coach. He helped me reach another level that I didn't think was possible."

– GT, 18, Commack, NY

"I trained at CATZ and made the varsity team. I'm so proud of myself and so are my parents."

– AN, 15, Austin, TX