



CB3 SKILLS ACADEMY AND SPORTS PERFORMANCE
has created the perfect environment for any athlete
to gain the competitive advantage needed to excel.

At **CB3 SKILLS ACADEMY**, we understand that smarter is harder so we have customized micro- and macro-cycles for individuals and teams to reach peak performance. Operating out of the **UPLAND SPORTS ARENA**, our highly-licensed coaches strive for our players to build mastery in technical ability and decision-making so that it shows up in practices, games and tournaments.

CB3 SPORTS PERFORMANCE is designed to build better athletes. Our Certified Strength and Conditioning Specialists (CSCS) train our athletes to a level of optimal functional performance and mental determination. Our focus includes improving mobility, stability, and strength in order to generate greater speed, agility and quickness for players ages 7–18.

UPLAND SPORTS ARENA | 909.985.7903

www.uplandsportsarena.com/cb3



Take it to the next level with CB3 at Upland Sports Arena

We offer individual, small group, and team training packages as well as seasonal camps, clinics, and player combines.

For more information:

www.uplandsportsarena.com/cb3

909.985.7903

email:

CB3@uplandsportsarena.com

**DISCIPLINE
DEDICATION
DETERMINATION**

UPLAND SPORTS ARENA

1721 West 11th Street
Upland, CA 91786



***Bring this card to The Arena
for \$10 off your first Session***