

Speed Development Camp

The Speed You Need

- SEE HOW YOU IMPROVE AS YOU TRAIN WITH TEAMMATES!
- LEARN HOW TO DECELERATE TO CHANGE DIRECTION, START FASTER AND ACCELERATE TO TOP SPEED
- ELECTRONICALLY TIMED FOR VERIFICATION
- QUALITY COACHING AND INSTRUCTION
- BEGINS JUNE 8 AT CENTRAL JUNIOR HIGH
- 12 TRAINING SESSIONS FOR \$100, ENDS JULY 1
- 17 TRAINING SESSIONS FOR \$145, ENDS JULY 15
- TRAINING TIMES ARE 7 TO 8 P.M. TUESDAY & THURSDAY AND 9 A.M. ON SATURDAYS
- CALL 751-1259 OR EMAIL athdevllc@cox.net TO REGISTER
- READ TESTIMONIALS AT www.thespeedyouneed.com
- TRAINING BY ATHLETIC DEVELOPMENT, LLC

Email athdevllc@cox.net

Visit us at: <http://www.thespeedyouneed.com>