

2nd Annual Summer *SPEED* Solutions

Shawnee Sports Complex, Field #3

July 8th - August 8th, 2024

Mondays and Thursdays: 6:00pm - 7:30pm

\$215 per Athlete

Ages 9 - 17 (Co Ed)

Come Experience:

- Top of the Line Pre/ Post Performance Testing
- Professional Instruction on HOW to Move Faster for Improving *Acceleration, Deceleration, Change of Direction, Speed Endurance* and More!!
- Learn EFFECTIVE Closed Drills to Teach OPTIMAL Movement and Open Drills / Play to Experience Integrated Fitness and Fun!
- Awards and Recognitions Provided Throughout Camp

For more information contact:

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Or Scan

