

STRENGTH COACH NICK

STRENGTH TRAINING
SPORTS PERFORMANCE

SPEED TRAINING

6TH-12TH GRADE

Speed and the ability to effectively move your body are some of the most important skills in sports. During the speed training sessions, athletes will work to improve their acceleration, top speed, and ability to change direction efficiently. Coach Nick uses a variety of drills, games, and movement activities to keep the training engaging, challenging, and fun while helping athletes build confidence and improve their overall athletic performance

- ✅ **SPRINTS USING DASHR LASER TIMING GATES**
- ✅ **T-APEX RESISTED SPRINTS**
- ✅ **PLYOMETRIC AND AGILITY TRAINING**

Dates: Oct. 3 - Nov. 8 (no session Oct. 11)

Days: Sundays

Time: 5pm-6pm

Location: Eagle Park Mountain View

Cost: $150 Limited to 20 spots

Register Here