



SPEED TRAINING

Grades 6-12

Speed is essential in team sports and speed needs to be trained

Training Methods

- ◆ Plyometrics
- ◆ Resisted Sprints
- ◆ Strength & Mobility
- ◆ Agility Drills
- ◆ Electronic Timing



[Register Here](#)



Sundays May 4th and 18th
6pm - 7pm



EAGLE PARK

650 Franklin Street
Mountain View

\$25 PER SESSION



www.strengthnick.com