

SPRING BREAK



SPEED & POWER CAMP

MARCH 18th, 19th & 20th

SESSION 1 (AGES 9-13)

10:00AM - 11:15AM



SESSION 2 (AGES 14-18)

11:30AM - 12:45PM



- ⚡ Improve Acceleration & Sprint Mechanics
- ⚡ Sharpen Change of Direction & Agility
- ⚡ Increase Explosiveness with Plyometrics
- ⚡ Enhance your Vertical Jump