

TOTAL CONDITIONING SPEED CAMPS

presented by



"The Fastest Way To Become A Better Athlete"

We offer a Speed Program that will provide the following benefits:

- **Improve Coordination:** enhance your athletic skills by improving body awareness
- **Increase Speed:** master the secrets of acceleration and run faster, longer
- **Enhance Agility:** be unstoppable on the field by increasing cutting ability & quickness
- **Develop Conditioning:** enjoy your sport more by being in better physical shape
- **Boost Self Confidence:** learn about yourself and become a better leader

June 14-18

July 26th-30th

June 21st-25th

August 2nd-6th

July 5th-9th

August 9th-13th

July 19th-23rd

August 16th-20th

Minimum of 5 athletes per camp, registration closes on Friday prior to camp.



8:30am-12:00pm (ages: 7-12) 1:00pm - 4:00pm (ages:13- 17)

Cost: \$129 per week, \$99 for 2+ weeks or athletes

Improving Speed of Movement & Strength of Character



**Oak Branch & Wendover Avenue
Greensboro, North Carolina**

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