

ATHLETES  
OF ALL  
SPORTS

"SUMMER CATS"

ENTERING  
GRADES  
1-8

# SPEED CAMP



AGE-TAILORED SPEED, AGILITY, AND ENDURANCE  
DEVELOPMENT FOR ATHLETES OF ANY SPORT

6-7PM @ DAVIDSON STADIUM  
MONDAYS & WEDNESDAYS  
JUNE 16, 18, 22, 25  
JULY 7, 9, 14, 16, 21, 23

COST: \$100  
ADDITIONAL SIBLING DISCOUNT \$30 EACH

DYNAMIC STRETCHING  
AGILITY LADDERS  
MINI-HURDLES  
STRENGTH CIRCUITS  
CROSS-COUNTRY



SPEED  
PARACHUTES  
TRACK & FIELD  
EVENTS  
RELAY RACES

## SCAN CODE TO REGISTER

[HTTPS://FORMS.GLE/QV5WLTGWSH5WNNJX7](https://forms.gle/QV5WLTGWSH5WNNJX7)



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