



The Need for SPEED, Summer '09

We will be holding speed sessions twice weekly Tue/Fri @ 10:30 & 11:30 starting July 1st and running through August.

The focus of the sessions will be as follows:

- Pre-Game warm-up
- Hip Flexor/Hamstring conditioning and lengthening
- Short Burst Acceleration
- Change of Direction Acceleration
- 5,10 & 20 yard Starts
- 1st Step Quickness
- Multiple Gear Acceleration
- Top-End Speed Production

Cost is \$150.00 for 8 sessions

To sign up or for more information contact:

Coach Dan Potts
Advanced Athlete, LLC
www.advancedathlete.com
coachpotts@comcast.net
206-941-2988