



SPEED CAMP CHRISTMAS BREAK 2010

*Join us for the Advanced Athlete Winter
SPEED & AGILITY CAMP!*

This camp is open to athletes of ALL sports, ages 13-18, who possess the drive and determination to take their game to the next level. This is a result-driven, confidence-producing program to jump-start the committed athlete's quickness and agility for the coming year. We will focus on the development of:

- Short Burst Acceleration
- Change of Direction Acceleration
- 1st Step Quickness
- Top-End Speed Production
- Running & Movement Technique

Dates: Mondays & Wednesdays, December 20, 22, 27, 29

Times: 12-1pm—Athletes ages 13-15

1-2pm—Athletes ages 16-18

Cost: \$110.00 for 4 sessions

Location: Lake City, Seattle, WA

To sign up or for more information contact:

Coach Dan Potts

www.advancedathlete.com

info@advancedathlete.com

206-941-2988