



# 8 Week Speed & Agility Camp

**Speed is not just genetics, as was once thought. Speed is a skill, and skills can be improved. Our 2 day a week program for 16 weeks will help ingrain the proper biomechanics, flexibility, and core strength necessary to increase speed. Our goal is to help young athletes maximize their performance in their sport by increasing their speed.**

**We Guarantee it!**

**GOALS - Improve speed, agility, and balance. Build confidence and self-esteem. Increase foot speed and lateral quickness. Improve running biomechanics. Improve core strength. Increase flexibility.**

**DRILLS - Flexibility training. Proper biomechanics of running drills. Plyometric training drills. Ladder and cone drills.**

**TESTING - Students will test in the following areas**

- 10, 20, & 40 yard dash
- 20 yard short shuttle
- Standing broad jump
- Vertical jump
- 3 cone drill

Every Monday & Wednesday - Coed 8 - 18 yr olds  
 April 6th - May 27th  
 6:00 pm - 7:00 pm

**\$235**

PLEASE RETURN THE FORM TO THE FACILITY YOU WISH TO ATTEND  
OR REGISTER ONLINE AT [www.bnssports.us](http://www.bnssports.us)

### Balls-n-Strikes Bel-Aire

3919 N. Hillcrest Suite 3  
 Bel Aire, KS 67220  
 P: 316.618.1300

[click here to register](#)

\$235 per person

8 weeks



## 8 Week Speed & Agility Camp

Send completed form with check or credit card info to Balls-n-Strikes.

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone H \_\_\_\_\_ Phone W \_\_\_\_\_

Phone C \_\_\_\_\_ Email \_\_\_\_\_

Guardian's Signature \_\_\_\_\_

I hereby authorize the director of the Balls-n-Strikes camp to act for me according to his/her best judgment in an emergency requiring medical attention. I know of no mental or physical problems, which might affect my child's ability to safely participate in this camp. I will be responsible for any medical or any other charges in connection with his attendance at camp. I agree to abide by the rules and regulations of the camp.

Credit Card # (MC, VISA, Discover) \_\_\_\_\_ Exp \_\_\_\_\_ / \_\_\_\_\_ CVV2 \_\_\_\_\_  
(# on back of card)

Credit Card Signature \_\_\_\_\_

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