



BE THE CHAMP YOU CAN BE.

The Area's Premier Training Facilities

3919 N. Hillcrest Suite 3
Bel Aire, Ks 67220
316-618-1300

19894 W. Kellogg Suite C
Goddard, Ks 67052
316-550-6427

Speed & Agility Camp

Ages 9-14 Coed | 10:00 am - 11:00am

High School Coed | 11:00am - 12:00pm

Every Monday, Tuesday, Wednesday

June 3rd - July 31st

Available at both Locations

Speed is not just genetics, as was once thought. Speed is a skill, and skills can be improved. Our 3 day a week program for eight 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

Attire: Tennis shoes, shorts, and t-shirts.

Cost of this Camp is \$300

Register at www.bnssports.us