



10 Week Speed & Agility Camp

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 10 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

MON. TUES. & WED.

June 1 - July 29

AGES 8-14 10:00 - 11:00 AM

AGES 15-18 11:00 - 12PM

\$235

PLEASE RETURN THE FORM TO THE FACILITY YOU WISH TO ATTEND OR REGISTER ONLINE AT www.bnssports.us

Balls-n-Strikes Bel-Aire

3919 N. Hillcrest Suite 3

Bel Aire, KS 67220

P: 316.618.1300

\$235 per person

10 weeks



8 Week Speed & Agility Camp

www.bnssports.us

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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