



# **SPEED, AGILITY, & POWER**

## **Featuring Greg Hartwick**

One of the biggest myths in all of sports is that you can't coach speed or teach athletes how to run faster or make serious improvements to their agility and change of direction quickness. **THIS IS FALSE!** The fact is that most athletes have not been taught the tools or the fundamentals to increase their overall speed and agility.

Greg Hartwick has developed a dynamic Speed, Agility & Power program that will focus on core strength, balance, stability, and more to improve overall agility and strength. The program will include the use of ladder ropes, boxes, sleds, jump ropes, medicine balls and other training gear to improve overall fitness for all ages.

### **NEW ADDITIONS TO THE PROGRAM**

- We measure each of our participants multiple times per month to track progress.
- We will post the top scores at BNS and on the web.
- The workouts are designed to suit the individual, not the group.
- This class has limited space and we will be taking the first 12 people.

### **Cost**

**\$99 per month**

-that's less than \$9 per class.

**December 2nd-27th**

**Sundays 5-6pm**

**Tuesdays 7-8pm**

**Thursdays 7-8pm**

### **Speed & Agility**

Name \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Parent Signature \_\_\_\_\_

\*Legal Guardian must sign waiver in order to participate.

**501BASEBALL.COM**

**Call to Register:**

**501-833-0668**

**or drop off form to:**

**Balls-N-Strikes**

**408 Manson Road**

**Suite 450**

**Sherwood, AR 72120**

**\*Limited Space Available**