



# SPEED, AGILITY, & POWER

## with 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.
- Our Students will be given different rewards for increasing overall Speed, Agility, & Power.
- We will post the top scores at BNS and on the web.
- We are hosting the class 3 times a week in hopes that you can at least attend two.
- The workouts are designed to suit the individual, not the group.
- You can join at anytime as long as there is space.

### Cost

**\$100 per month**

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

**Classes meet on Mondays, Wednesdays, & Thursdays.**

**Class 1      6-7pm**

### Speed & Agility

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

Class 1 \_\_\_ Class 2 \_\_\_

[Http://www.bnssports.us/sherwood.php](http://www.bnssports.us/sherwood.php)

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**