



Blessed Trinity Football 2010 Pre-Season Speed & Agility Program

Challenge yourself and reach your athletic potential.

Improve in these areas:

Acceleration & Speed Mechanics (Form Running)
Foot speed, athletic balance & coordination
First-step quickness in any direction
Change of Direction efficiency
Leg strength & power
Core strength

Cost: \$115

- 14 sessions
- Training days: June 8, 10, 15, 17, 22, 24, 29, July 1, 13, 15, 20, 22, 27, 29
- Time: 8 am to 10 am
- All sessions to be held at Blessed Trinity HS
- PARENTS: Go to www.go-rapid.com and in lower right-hand corner is Forms. Print & fill out registration & waiver. Bring completed Forms with payment to Coach Turner by May 26th.
- **After May 26th program cost is \$125.**

REGISTRATION DEADLINE: May 26th