

Training here your kids/ teens will leave more confident, more disciplined and better prepared to overcome any obstacle that sports could throw their way.

This clinic is designed to improve speed, agility, strength, conditioning and mobility and is taught by Tifonte Hunt. Coach Tifonte is a 2-time DIV1 Football Mac champion, team captain, won state for track, ran a 4.41sec 40, and graduated with a Bachelors of Science in Kinesiology and Exercise Science from Northern IL University.

Register at https://foxriversc.wodify.com/

If you have any questions reach out to us today at info@foxriversc.com