



Summer *Speed and Agility*

6 sessions at FCA

Tue/Thur mornings Aug 2, 4, 9, 11, 16, 18

Ages 10-12 9:00-10:00 and

13+ 10:30-11:30

Sessions of focused small group speed and agility training with emphasis on injury prevention, dynamic warmup, speedwork, agility, plyometrics, strength and conditioning, power, stretching and recovery.

Great conditioning for every athlete and excellent preparation for your fall season!

***Accelerate* your game!**

LIMITED SPACE; RESERVE YOUR SPOT

\$200 special discount for FCA students

\$250 all other athletes

(Rates/session available if not able to attend all 6)

Full payment upon registration via venmo

@ChrissyRickert

Sign up with Coach Rickert

Coachchrissyrickert@gmail.com

follow on instagram @accelerate.sports.performance

Private, semi-private and group training rates are available!