



# LITTLE ORIOLE STRENGTH & SPEED CAMP



Learn from Avon High School Strength & Conditioning Coaches, Chris Stevenson and Craig Ray who train all AHS athletes!

- Offered to KG-5th graders (based on 2023-2024 grade level)
- May 13 - 16, 5:30pm - 6:30pm
- \$50 for four 1-hour speed sessions
- Location: Avon High School Fieldhouse
- Sessions are fun, fast, and full of energy and will include activation, dynamic, build-ups, plyometric circuits, flying 10's, and more!



**They run. We fly!**



**REGISTER NOW**

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