



**CALLING ALL RISING 2<sup>ND</sup> - 6<sup>TH</sup> GRADE ATHLETES**

**LOCATION: MOODY HIGH SCHOOL**

**SUMMER KICK-OFF & COMBINE - \$50**

*PATIENT ACCOUNT NUMBER = KICKOFF7019*

**FRIDAY, MAY 30<sup>TH</sup> • 9 AM - 12 PM**

- Dynamic Warm-Up & Speed-Prep Fundamentals
- Speed, Agility, Core Training, Functional Strength
- Plyometrics for Explosiveness
- Combine Testing:
  - Speed: 40-Yard Dash*
  - Power: Vertical Jump*
  - Agility: 5-10-5*
- Fusionetics:
  - Movement Evaluation with Prescribed Home Exercises (Videos & Pictures with free App) to Help Improve Performance & Reduce Injuries
- Engaging & Positive Coaching

**WEEKLY ATHLETIC DEVELOPMENT - \$100**

*PATIENT ACCOUNT NUMBER = SUMMER7019*

**FRIDAYS - JUNE 6, 13, 20 & 27 • 9 AM - 12 PM**

- Dynamic Warm-Up & Speed-Prep Fundamentals
- Speed, Agility, Core Training, Functional Strength
- Plyometrics for Explosiveness
- Engaging & Positive Coaching with Healthy Competition
- Sports Nutrition Education & Tracking
- "Open Gym/Field" for 30 minutes each day



**SCAN QR CODE TO REGISTER!**