

SPORTS PERFORMANCE



SPEED & AGILITY

- ✓ 8-Week Summer Program
- ✓ Exercises that Transfer to your Sport
- ✓ Gain Competitive Advantage
- ✓ Reduce the Risk of Injury
- ✓ Foundation for Success
- ✓ Promote Teamwork

ELITE PACKAGE

Per Session
(pay as you go)

\$25

"Train with a Purpose"

PRO PACKAGE

16 Sessions
(twice a week)

\$249

"Train like a Champion"

Looking to take your game to the next level? This program is for you! This 8-week training program is specially designed to increase speed, agility, power, and performance. Scott Chamberlin, a Certified Speed & Agility Coach, will take you through drills and exercises using the latest techniques for maximum performance.

WEEKLY SCHEDULE

Mondays & Wednesdays

4:30pm-5:30pm - Middle School Ages

5:30pm-6:30pm - High School Ages

Location: Northern High School

*Weather permitting, schedule subject to change

SIGN UP TODAY!

For more information or to sign up call:

347.996.2498

or email CoachChamberlinFFL@gmail.com

NOTE: This event/activity/business is not sponsored by the Calvert County Board of Education, Calvert County Public Schools, or any individual school. We provide equal opportunities to outside agencies to distribute materials that offer opportunities to students and/or their parents/guardians, but that permission should not be considered a recommendation or endorsement by the school district.