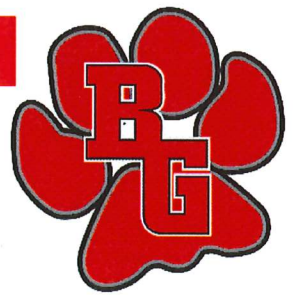




# Youth Speed and Agility Training



**When:** May 2<sup>nd</sup>, 9<sup>th</sup>, and 16<sup>th</sup>.

**What:** Speed and agility training hosted by the Bowling Green High School Varsity Football and Track Coaches. Each session will focus on quickness, explosiveness, and increasing speed through drills, form work, and competitions.

**Who:** Any 2nd-6th Grade students, all athletes are welcome

**Time:** 1:30-2:30pm

**Location:** Bowling Green High School - Big Gym\*

**Cost:** \$30 for all three sessions, or \$15 drop in price per session.

**Payment:** Cash or check made out to Bowling Green High School Football

Contact Coach Shawn Kiss at [skiss@bgcs.k12.oh.us](mailto:skiss@bgcs.k12.oh.us) or Coach Brian Howard at [bgjrbobcats@yahoo.com](mailto:bgjrbobcats@yahoo.com) with any questions.

\*With cooperative weather, we may be heading outside to the turf, please check our football X (Twitter) for updates: [@bg\\_bobcatsFB](https://twitter.com/bg_bobcatsFB)