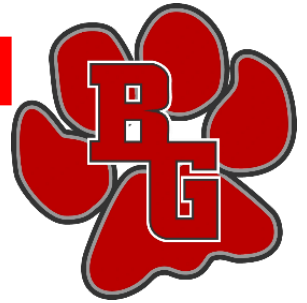




Youth Speed and Agility Training



Hosted by BGHS Football and Track and Field Coaches

When: May 3rd and 17th.

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: 1:00-2:00pm

Location: Bowling Green High School Stadium - turf field**. Please wear non-metal cleats to each session.

Cost: Free!

Contact Coach Shawn Kiss at skiss@bgcs.k12.oh.us or Coach Brian Howard at bgjrbobcats@yahoo.com with any questions.

*With cooperative weather please check our football X (Twitter) for updates based on weather: [@bg_bobcatsFB](https://twitter.com/bg_bobcatsFB)