

F.A.S.T. SPORTS PERFORMANCE & DEVELOPMENT CAMP

IMPROVE YOUR 40YD DASH - EXPLOSIVE POWER - AGILITY & QUICKNESS

<p>SPEED</p> <ul style="list-style-type: none"> - ACCELERATION DEVELOPMENT - RUNNING MECHANICS - FORM & TECHNICAL ANALYSIS 	<p>STRENGTH*</p> <ul style="list-style-type: none"> - STRENGTH - CONDITION - FUNCTIONAL MOVEMENT
<p>PLYOMETRICS</p> <ul style="list-style-type: none"> - DYNAMIC REACTIVE TRAINING - BOX HOP, HURDLE HOP, MED BALL THROW - MULTILATERAL POWER DEVELOPMENT 	

*STRENGTH & CONDITIONING WILL BE TAUGHT BY BARRY LAWS FROM BODY UNLIMITED

NOVEMBER 15TH, 2014
AT JDL FAST TRACK
SESSION TIME 9AM-1PM
PRICE: \$60 PER PERSON**
****SPECIAL GROUP RATES AVAILABLE WITH ADVANCED PURCHASES**

FOR MORE INFORMATION CONTACT KENTA' BELL BY EMAIL: YOURTHINKINGFEET@GMAIL.COM

@PSIP PSIP

Event: F.A.S.T. Sports Performance & Development Camp

Date: November 15, 2014

Place: JDL Fast Track

Time: 9:00am – 1:00 pm

Price: \$60.00 per person **

Contact Person: Kenta' Bell, 2004 & 2008 Olympian

Email: yourthinkingfeet@gmail.com

Share the information with your football coaches.