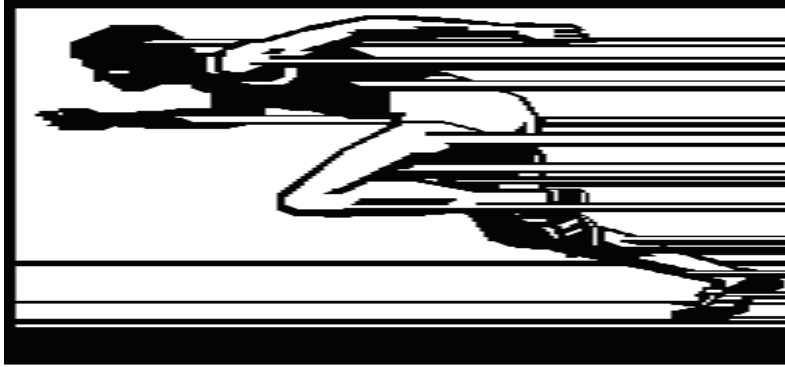


8th Annual Summer Speed Development Camp & Clinic 2009

“The Sports Training Center & Speed School”

Speed Development Coach M.C. Klinefelter
Multi Events Coach Austin Klinefelter



Starts May 25th - Aug. 7th

Mon. & Wed. (**High School/College athletes**) 9:00-11:00 or 6:30-7:30
Tues. & Thurs. (**5th grade & middle school athletes**) 9:00-12:00 or 6:30-7:30

Training Equipment:

Indoor sprint track, 5 lanes of Plyometric & speed development training equipment, weight room, “Speed To Win” **Speed Station**

What Athletes do:

Learn drills & training methods used by professional, NFL & elite athletes, develop: proper running mechanics, technique & form, dynamic warm up stretches, reaction & foot speed, change of direction, sprint starts & combine drills, core & upper body strength, explosive power, agility, flexibility & injury prevention, resistance training, balance & coordination, muscle endurance, quicker recovery, biomechanics of movement for all sports, sport specific & position training, play with confidence.

Training Packages:

\$295 for 10 sessions or \$395 Unlimited (summer camp/clinic only)

Register on line www.thespeedschool.com

Or call (770) 856-0990