

2016

15th Annual Summer Speed Development Camp

\$100 off UNLIMITED Training: early registration by May 30th

(Register online: www.thespeedschool.com)

Starts: May 30th

Location: The Sports Training Center & Speed School (770-856-0990)

HS/College Athletes: Mon/Wed 9-11, 6:30-7:30 & Sat 10-11,

Middle School Athletes: Tues/Thurs 9-11, 6:30-7:30 & Sat 11-12

(Teams welcome: We donate to athletic booster)

Instructor: Speed Development Coach Mike Klinefelter

What Athletes do: "Sports Performance Training" Development of reaction speed, power through plyometrics, core, lower & upper body strength, agility, flexibility & injury prevention using proven training protocols & progressions, guaranteed results. Emphasis on safety, proper running mechanics, technique & form. Developing mental discipline & work ethics.

Facility: Largest & longest running sports performance training facility in state, 10,000 sq.ft. 2,000 sq.ft. wt. room connected to 12 sprint lanes of speed/plyo training equipment, jogging & 40 yd sprint track, parent/coach observation area.

(Facebook: the sports training center)

