

# SPEED & AGILITY CAMPS

Help improve athletic performance, prevent injuries and promote longevity through sports-specific speed and power training

- **Speed and agility drills**  
(Improve your 40 yd dash times!)
- **Change of direction drills**
- **Resistance training**

**EDGE**  
Summer '2010'

- **Plyometric training**  
(Increase your Vertical Jump!)
- **Strength and Conditioning**
- **Flexibility and stability exercises**

## Session dates (4 days per week):

June 7<sup>th</sup> – August 12<sup>th</sup> (up to 10 weeks)

Choose any 2 - 4- 6- 8- 10 weeks you'd like!

Start any time! (Just make sure to pre-register)

**You choose Strength training, Speed training, or Both!**

(To compliment your summer school workouts)

## Times (Mondays through Thursdays):

College Athletes: 10:30-12 noon

High School Athletes: 10:30-12 noon

Middle School Athletes: 9-10:15 am

4<sup>th</sup> and 5<sup>th</sup> graders: 9-10:15 am

3<sup>rd</sup> graders: 5:30-6:30 pm

(Evening sessions and Make-ups available Monday through Thursday at 5:30 and 6:30 pm)

## Summer camp cost:

Choose any 2 week combination: \$140 + \$25 registration (Includes shirt)

Choose any 4 week combination: \$225 + \$25 registration (Includes shirt)

Early bird  
special

### **Enroll before:**

- **May 15<sup>th</sup> and waive the reg. fee + \$10 off any session!!**
- **May 29<sup>th</sup> and waive the \$25 registration fee!**

Early bird  
special

**Come train with our Collegiate and Pro Coaching staff!**

To register call (940) 391-3711 or go to:

**[www.EdgeSportsFitness.com](http://www.EdgeSportsFitness.com)**

**Location: 331 Golden Triangle Blvd., Keller, TX 76248**  
(Inside Blue Sky Sports Center)



**Speed**

**Agility**

