



# SUMMER

## S.A.Q. CLINIC

*SPEED AGILITY QUICKNESS*

BOOST YOUR GAME WITH OUR SPEED, AGILITY, AND QUICKNESS CLINIC—DESIGNED TO HELP ATHLETES GET FASTER, MOVE SHARPER, AND REACT QUICKER ON THE FIELD OR COURT. IMPROVE SPRINT MECHANICS, CHANGE OF DIRECTION, AND EXPLOSIVE FIRST-STEP SPEED TO GAIN A COMPETITIVE EDGE.

**JUNE 8 - JULY 30**

TUESDAYS & THURSDAYS → 10:15-11:00AM

OR

MONDAYS & WEDNESDAYS → 6:15-7:00PM

**FOR ATHLETES ENTERING 7<sup>TH</sup> - 12<sup>TH</sup> GRADES**

- \* MUST DESIGNATE WHICH TIME AT SIGN UP
- \*\*PRICE BASED ON ATHLETES MISSING UP TO 4 SESSIONS DUE TO OTHER COMMITMENTS

# \$250

Per Person

\*MAKE UP SESSIONS AVAILABLE ON AUGUST 4<sup>TH</sup>/5<sup>TH</sup> AND 6<sup>TH</sup>/7<sup>TH</sup>

\*\*SESSIONS WILL BE AT THEIR REGULARLY SCHEDULED TIMES

EMAIL [INFO@S3PERFORMANCETRAINING.COM](mailto:INFO@S3PERFORMANCETRAINING.COM) TO SIGN UP

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