



**NEXT SEASON
IS NOW!!!
SAG TRAINING**

**Who: All Athletes, All Sports
Get Speed, Get Agility, Get Quick**

What:

- Pre Workout Preparation
- Dynamic Flexibility & Hip Mobility
- Muscle Activation
- Sprint Mechanics & Form Running
- 3 Step Quickness
- Acceleration & Deceleration
- Change of Direction & Lateral Movement
- Speed Endurance
- Starting Techniques for Sprinters

When:

July 9 - August 12
Tuesdays and Thursdays
3 pm to 4pm

Where:

Jimmy Lee Recreation Center
270 Lexington Pkw N,
St. Paul, MN 55104

Cost: \$150 or sign up before June 30 for **\$50** Early Bird Discount!

Contact Info:

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Remember Early Bird Early bird Special:

\$100 before June 30th, 2013!!!!

PLAY FAST!!

