



SUMMER SPEED AND AGILITY CAMP

We are offering a six week speed and agility camp during the summer. The camp will be held Mondays, Wednesdays, and Thursdays. It will teach all of the major components of speed and agility training:

- **Dynamic Warm-UP**
- **Active Stretching**
- **Footwork and agility**
- **Power and explosiveness**
- **Sprint starts and first step speed**
- **Cutting and multi-direction agility**
- **Core and rotational strength**



6 week
camp
\$180

This camp is targeted towards all incoming 6th, 7th, and 8th graders, but all ages are welcome. This is a co-ed camp.

- **Times and Dates: All times are from 9-11 am**

June 15th, 17th, 18th
June 22nd, 24th, 25th
July 6th, 8th, 9th
July 13th, 15th, 16th
July 27th, 29th, 30th
August 3rd, 4th, 5th

**** The camp will be held at THE HITTING ZONE, 3301 SUNRISE RD
ROUND ROCK, TX. PLEASE CALL 512-255-4487 FOR MORE INFO.**

***Portions of the proceeds will be donated to the 10u and 16u Austin Stars Fastpitch Softball Organization.
Tax ID # 74-2808085