

Jr. P.A.S.S. CAMP

POWER AGILITY STRENGTH & SPEED

SUMMER 2009

Performance Therapies, P. C., in conjunction with Performance Sport & Speed, is offering an introductory sports training program designed for the developing athlete to target:

Improved coordination

Instruction in proper form and mechanics

Lateral speed and agility

Injury prevention techniques

Developing abilities and have a blast doing it!

This program is created for athletes that will be entering 4th-8th grade this coming fall.

All sessions are supervised and run by experienced strength and conditioning personnel with over 10 years of experience.

With Jr. P.A.S.S. Camp athletes have the option of one or two training sessions per week for up to seven weeks.

We look forward to working with you!
The deadline for sign up is Friday, May 22, 2009

Please complete the registration form on the back of this sheet and mail to the address listed below or visit our website to enroll online.

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