

Velocity Sports Performance™



**BE A
BETTER
ATHLETE.**
OFFICIAL PROVIDER OF
NIKE SPWV TRAINING

SPRING BREAK SPEED & AGILITY CAMP



WE SPECIALIZE IN SPEED, AGILITY, MULTI-DIRECTIONAL MOVEMENT, VERTICAL JUMP, EXPLOSION, AND TURNING YOU INTO THE BEST ATHLETE YOU CAN BE.
ARE YOU UP FOR THE CHALLENGE??

JORDAN/ CANYONS School District SPEED & AGILITY CAMP APRIL 1, 2, 5 (10-12:30pm)

1 Session \$40, 2 Sessions \$75, 3 Sessions \$95

ALPINE/ PROVO School District SPEED & AGILITY CAMP APRIL 5, 6, 7 (10-12:30pm)

1 Session \$40, 2 Sessions \$75, 3 Sessions \$95



THIS CAMP IS FOR ATHLETES THAT ARE SERIOUS ABOUT GETTING THE MOST OUT OF THEIR ATHLETIC ABILITY. IN OUR 12,000 SQ/FT INDOOR TURF, TRACK, AND WEIGHT ROOM FACILITY, ATHLETES WILL BE TAUGHT THE PROPER TECHNIQUE AND FUNDAMENTALS NECESSARY FOR PROPER MUSCLE MEMORY RETENTION AND IMPROVED FAST TWITCH MUSCLE FIBERS.

Call or email Russ to sign up, or for more information. **801.407.8224**

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