

- Agility Drills
- CORE STABILITY TRAINING
- OBSTACLE COURSES
- CIRCUIT TRAINING
- STRENGTH TRAINING
- HAND/EYE COORDINATION DRILLS
- Skills TESTING TO CHART Individual PROGRESS
- TAUGHT BY SEASONED VARSITY COACH AND CERTIFIED YOUTH FITNESS INSTRUCTORS

SPEED & Agility CAMP is an 10-week program designed to improve the overall athletic ability in each participant. We provide the opportunity for all participants to develop key skills such as speed, agility, strength, and jump training that are required for all sports. In our camp your child will train in a positive, structured environment that will enable them to gain and enhance their ability to be successful in any type of sport. Through this program that was designed by a varsity coach and certified youth fitness instructor, we believe your child will gain and increase skills that are required to become a successful student athlete. Students will be assessed the first and last day of the camp to chart progress.

Speed & Agility Camp

By STRETCH-N-GROW

AT COOPER WEST ELEMENTARY

For more information contact Randy Terry
(806) 577-5514
info@stretchngrowthx.com



PLACE: COOPER WEST GYMNASIUM

DAYS: EVERY WEDNESDAY: SEPT. 24TH- DEC 3RD

TIMES: 4:00-5:00 (GRADES K-5TH)

DEADLINE TO ENROLL: WED SEPTEMBER 24TH

REGISTER ONLINE AT WEBSITE ABOVE
OR MAIL REGISTRATION TO
STRETCH-N-GROW C/O RANDY TERRY
PO BOX 148
WOLFFORTH, TX 79382

REGISTRATION FEES

Grades K-5th 4:00-5:00 \$85.00

ATTENDS AFTERSCHOOL CARE

Child's Name		School	Grade
Parent(s) Name		Home #	Cell #
Address		City	Zip
E-mail address*** (very important-registration confirmation will be e-mailed)			

Disclosure: Please describe below any injuries or health problems which might limit your child's participation.

Method of Payment (payable to Stretch-n-Grow):

Visa
 MasterCard Discover

Cash/Money Order
 Check # _____

Credit Card # _____ Exp. date _____

Signature _____