

# Speed & Agility Training

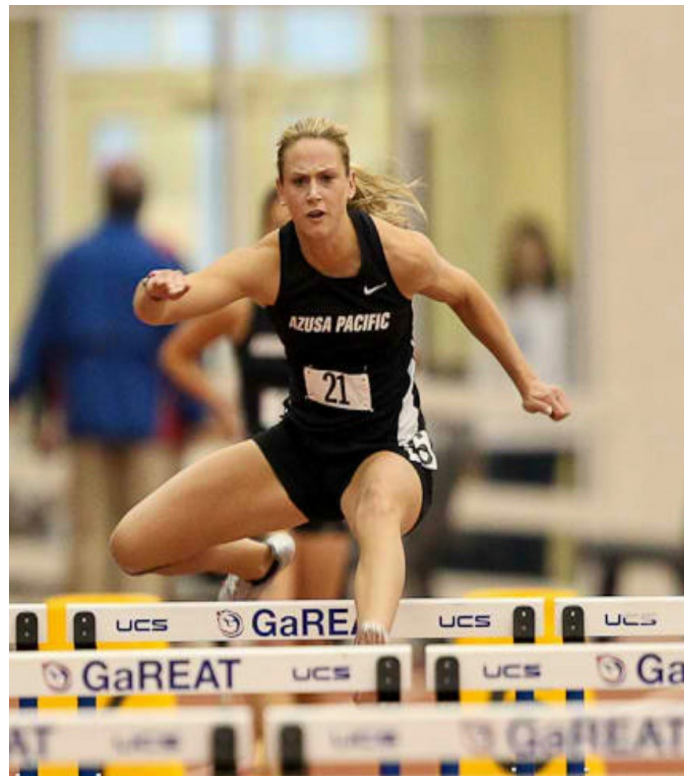
3 classes every week

Mondays, Wednesdays, and Fridays

4pm to 5pm

Boys & Girls Age 11- 25

3 sessions per week - 60 minutes per day – The training sessions will include “The Power Pull”, slide board, Agility training and resistant sand training in the new Sand courts at Court One. If you are serious about increasing your Speed & Agility... This is the training for you!



Presented By:



## Start Training Today!

MONDAYS – WEDNESDAYS - FRIDAYS

### WHAT IS IT?

**“Speed–Agility–Quickness Training”**  
Speed – the ability to move in one direction as fast as possible.

Agility – is the ability to accelerate, decelerate, stabilize, and quickly change directions with proper posture.

### “Sand Training”

Training on sand activates and strengthens underworked areas, such as the ankles, foot, and calf muscles. Which are used to grip the uneven surface of the sand.

Sand training will improve quickness and build explosive strength because muscles require a greater workload to accelerate, run, jump and change direction in the sand.

### COST & REGISTRATION

Limited to 25 athletes

The cost is \$169 (12 sessions)  
You can start anytime

Register online at  
[www.courtoneaz.com](http://www.courtoneaz.com)

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