

- ★ • Agility Drills
- ★ • Core Stability Training
- ★ • Circuit Training
- ★ • Resistance bands
- ★ • Hand/Eye coordination Drills
- ★ • Plyometrics
- ★ • Taught by Seasoned Varsity Coach and Certified Youth Fitness Instructors

ALL New Sessions

SNG is proud to announce 2 unique sessions for this semester for Speed and Agility Camp.

SESSION 1: JUMP & AGILITY CAMP-This session will Focus on increasing Jumping ability through plyometrics and specific exercises that increase jumping ability and Lateral foot speed.

SESSION 2: SPORT & STRENGTH CAMP- This session will Focus on increasing speed and strength through medicine balls and resistance bands designed specifically for the young student athlete. Obstacle courses and circuit training will be the primary focus of this session along with reaction balls to enhance hand eye coordination required for sports.

Speed and Agility

At Cooper West Elementary

For more information contact
 Randy Terry
 (806) 577-5514
 snglubbock@suddenlink.net

Place: Cooper West Gymnasium
Days: Every Wednesday Session 1: Jan. 20-Mar. 10th
 Session 2: Mar. 24-May 12th
Times: 3:45-4:30 (Grades 1st-5th) Groups will be split by age and ability levels.



Mail Registration to
 Stretch-n-Grow c/o Randy Terry
 6009 86th street
 Lubbock, TX 79424

OR REGISTRATION CAN BE COMPLETED
 ONLINE AT:
www.stretchngrowlubbock.com
 Do **NOT return registration to school.

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.

Please Check Session

Options	Dates	Price
<input type="checkbox"/> Session 1	Jan 20-Mar 10	\$65.00
<input type="checkbox"/> Session 2	Mar 24-May 12	\$65.00
<input type="checkbox"/> Session 1 & 2	Jan 20-May 12	\$120.00

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

Cash/Money Order
 Check # _____

Visa
 MasterCard
 Discover

Credit Card # _____ Exp. date _____
 Signature _____

Save \$10
 by prepaying both sessions