

- ★ • 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 Bennett Elementary

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

**Place:** Bennett Gymnasium

**Days:** Every Monday      Session 1: Jan. 18-Mar. 8th

Session 2: Mar. 22-May 10th

**Times:** 3:30-4:15 (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](http://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 18-Mar 8	\$65.00
<input type="checkbox"/> Session 2	Mar 22-May 10	\$65.00
<input type="checkbox"/> Session 1 & 2	Jan 18-May 10	\$120.00

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

Cash/Money Order  
 Check # \_\_\_\_\_

Visa       Discover  
 MasterCard

Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_  
 Signature \_\_\_\_\_

**Save \$10**  
*by prepaying both sessions*