

Speed & Agility Training

This is a two part program geared to make you a better athlete. Part one focuses on how to stop, start, accelerate, change direction laterally, change direction horizontally, and control your body while playing sports. The second portion is designed to improve running form, foot work, stride frequency, stride length, and efficiency. This is not a conditioning program; the goal of each 40 minute session is **EXPLOSIVE POWER** for all sports!

October: 1, 5, 8, 15, 19, 22, 26, 29

November: 2, 9, 12, 16

Location: MHS Gym

Total Cost: \$107.00 for 12 sessions.

This amount also includes 7% NJ Sales Tax. Please make checks payable to "Cougar Powersports"

Cougar Powersports
Jim Griffin CSCS; USAW
(609) 915-7414
jgriffin@mtsd.k12.nj.us

Forms can be turned into
Coach Griffin or mailed to:
Cougar Powersports
10 Wyndham Place
Robbinsville NJ 08691

Mondays 5:00-5:40pm

Thursdays 5:00-5:40pm