

INTRO TO SPEED & AGILITY TRAINING PROGRAM

\$125

PER PERSON FOR
4 DAYS + T-SHIRT

Speed Development
Agility training
Quickness Development
Proper Body Mechanics
Technique Development



WEDNESDAYS - JUNE 8, 15, 22, 29

6PM: 8-10 YEAR OLD

7PM: 11-14 YEAR OLD

**Register Online:
dugoutbaseballperformance.com**

Instructor: Coach Kyle Nowak CSCS USAW-L2

DUGOUT BASEBALL & PERFORMANCE

400 E. Wilson Bridge Rd. , Worthington