

# TOTAL CONDITIONING SPEED CAMPS

presented by



*"The Fastest Way To Become A Better Athlete"*

*We offer a Speed Program that will  
provide the following benefits:*

- **Improve Coordination:** enhance your athletic skills by improving body awareness
- **Increase Speed:** master the secrets of acceleration and run faster, longer
- **Enhance Agility:** be unstoppable on the field by increasing cutting ability & quickness
- **Develop Conditioning:** enjoy your sport more by being in better physical shape
- **Boost Self Confidence:** learn about yourself and become a better leader

## Spring Break Camps!

### March 29th- April 2nd

Minimum of 5 athletes per camp, registration closes on Friday prior to camp.

**9:00am-12:30pm (ages: 9-12) (ages:13-15)**

**Cost: \$129 per week, \$99 for 2+ athletes**

*Improving Speed of Movement & Strength of Character*



**Oak Branch & Wendover Avenue  
Greensboro, North Carolina**

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