

# 4<sup>TH</sup> QUARTER

Training will focus on drills and progressions that enhance athletic performance.

Group training will include:

- Speed, Agility, & Conditioning
- Multi-Directional Movement
- Explosiveness & Power Development
- Coordination, Stability, & Balance
- Appropriate Strength Training
- Proper Technique & Form
- Workouts for home
- And more...

# SPORTS TRAINING

**Enrolling Now!**  
**Fall 2011**

**Classes held Tues & Thurs at  
McMinville Civic Center**

Training Groups:

- Grades 3-6 3:30 - 4:30pm
- Grades 7-12 4:30 - 5:30pm
- Open to boys & girls!

To register contact:

David Harris

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**\$40/month**

