

2020 SPEED AND CONDITIONING CAMP WITH COACH BRUCK

During the speed and conditioning camp, young athletes in all sports are challenged to achieve higher levels of performance and increased speed and fitness levels.

TRAINING INCLUDES BUT WILL NOT BE LIMITED TO:

- Speed and agility drills
- Basic sprints
- Uphill sprints
- Ladder agility drills and stairs

The drills will result in: increased confidence, eliminated wasted motion, teaching optimal arm and leg mechanics for speed and faster sprinter/running.

When: Monday and Wednesday nights from 6:15-7:15 pm
-Please arrive 15 minutes before the session to stretch -

Dates: July 1, 6, 8, 13, 15, 20, 22, 27 and 29

Who: grades 1-8 (grouping by skill)

Where: Bucks Mill Park, 125 Bucks Mill Rd. Colts Neck, NJ

Fee: \$110

For additional information please contact Coach Bruck,
dbruck53@hotmail.com or call (908)601-7340