

SPEED AND **STRENGTH** *SESSIONS*



— FOR ALL **WEST HOLMES** YOUTH ATHLETES —

BOYS & GIRLS | ENTERING GRADES 4-6



SPEED



STRENGTH



COORDINATION



FLEXIBILITY

BUILD THE FOUNDATION.
BODY WEIGHT & FOCUS ON TECHNIQUE

DATES:

6/3 | 6/17 | 6/24 | 7/1 | 7/15



WEST HOLMES
FIELD HOUSE & TRACK

10:00 - 11:00 AM



WORK HARD. MOVE FAST. TRAIN TOGETHER. BE A KNIGHT.