



SPORTS ACCELERATION SESSION #10

WHEN

Fridays – September 21 & 28 and October 5 & 12.

3:45pm – 4:45pm

WHERE

Jasper Sports Academy

9 South Clay Street
Jasper, IN 47546

(Purple Building to North of JR's Bar)

FEATURING • Vertical Jump Testing • Broad
Jump • Ladder Drills • 5 Cone Drill • 30 sec
Jumps • Shuttle Run • SKLZ Recoil • Box Jumps
Speed Work • Quick Feet Drills • Med Ball
Throws • Hurdles

ALL SESSIONS END WITH DODGEBALL

ALL AGES
WELCOME

ADVANCE
REGISTRATION

\$ 50 for 4 sessions

To Register:

Text Jared at 812-661-1076

Jen at 812-630-4684

or

Email:

jaspersportsacademy@gmail.com

AT THE DOOR

\$15 for drop-in sessions

FUTURE SESSIONS

Session 11 – Nov 2 – Dec 21

www.jaspersportsacademy.com