



SPORTS ACCELERATION SESSION #12

WHEN

Fridays – January 4, 11, 18 and 25 and
February 1 and 8th

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**

\$70 for 6 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

Punchcards available

purchase - \$100.

\$10 per session

FUTURE SESSIONS

Session 13 – Feb 22- Mar 22

Session 14 – April 5- May 17

www.jaspersportsacademy.com