



ADVANCED CORE, STRENGTH, SPEED & AGILITY CLASS

This program is meant for upper level athletes of any sport looking to maintain or continue their progress in or out of season.

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 • Jawku Speed Sensor Testing

WHEN

Sundays – Sept. 16, 23, 30 and Oct 7 and 14.

6-7 pm – Girls Session

7-8 pm – Boys Session

8-9 pm – Additional Session if needed.

WHERE

Jasper Sports Academy

**9 South Clay Street
Jasper, IN 47546**

**HIGH SCHOOL &
ADVANCED
MIDDLE SCHOOL
ATHLETES**

ADVANCE REGISTRATION

\$ 100 for 5 sessions

To Register :

Text : Chris at 812-661-0070

ADDITIONAL OPTIONS

Please contact Chris if you are interested in additional workout times during the week.

FUTURE SESSIONS

More session available in 2018/9– Please check our Website for additional dates
www.jaspersportsacademy.com