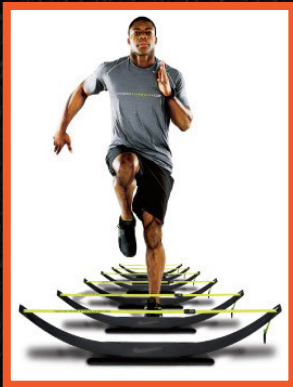





LINEAR SPEED CLINIC SERIES



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As you well know, speed is the ultimate difference maker when it comes to success on the field or the court.

From explosive first step to break-away speed, athletes with the greatest ability to accelerate are going to have a huge advantage over their competition. Knowing the old adage 'speed kills' to be very true, our team of certified coaches have a designed systematic approach to develop an athletes' speed to the maximum! Each day of this clinic series will have a unique focus.

Day 1 - Acceleration Mechanics

Day 2 - Top Speed Development

Day 3 - Explosive Speed with Resistance Sprints

Here's just a sample of what will be covered:

- The often overlooked but vital role posture plays in acceleration.
- Proven linear acceleration drills to fuel faster top speeds.
- How to become more efficient and explosive out of the start.
- Speed drills to reinforce perfect running mechanics.

TWO BONUSES

Participants will receive:

- Homework manuals to help you create your own speed workouts
- Personalized evaluation of running form with recommendations

When: Wednesdays, August 9, 16, 23

Ages: 11-13 • 6:00pm-7:15pm
14-18 • 7:30pm-8:15pm

Where: The nZone
(14550 Lee Road, Chantilly, Va)

Cost: All 3 Sessions: only \$59!

Registration: trueap.com/clinics

If you have any questions, please contact Josh Champney at jchampney@trueap.com

**LIMITED TO FIRST
10 REGISTRANTS**

