



SPRING SPEED CLINICS

Powered By:



- Learn the importance of proper warm-up before activity
- Drills focus on speed, agility, quickness, reaction, and power
- **GIRLS: NEW ACL Injury Prevention Training Included!**

Purcellville Location



DATES: 3/13/2013 – 5/8/2013
(NO Sessions during Spring Break!)

DAYS: Wednesdays

TIMES: 6:15 – 7:15pm (grades 3-5)
7:15 – 8:15am (grades 6-8)

LOCATION: Blue Ridge Middle School (aux gym)

COST: 4 Sessions \$60
8 Sessions \$100

Activity Code: 321760

Leesburg Location

DATES: 3/13/2013 – 5/8/2013
(NO Sessions during Spring Break!)

DAYS: Thursdays

TIMES: 6:15 – 7:15pm (grades 3-5)
7:15 – 8:15am (grades 6-8)

LOCATION: Simpson Middle School (aux gym)

COST: 4 Sessions \$60
8 Sessions \$100

Activity Code: 321760



REGISTER NOW!

Registration through Loudoun County
Parks and Recreation

-Go to www.loudoun.gov/webtrac

To get your User name and password call: 703-777-0343

Questions? Contact Kris Johnson: kjohnson@trueap.com