



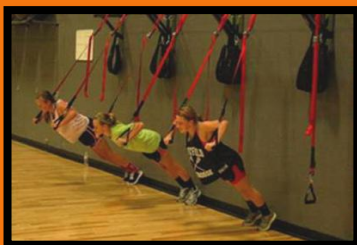
# UPPER LOUDOUN YOUTH FOOTBALL

## SPEED & QUICKNESS TRAINING

FALL 2014



POWERED BY:



## PROGRAM DETAILS

**DATES:** 9/15/2014 - 10/23/2014

**DAYS:** Mondays/ Wednesdays (Purcellville Location)

**\*\*\*This is a change from original times listed in PRCS Program Guide!\*\*\***

**-Blue Ridge Middle School**

**-Activity Number: 121031**

Tuesdays/ Thursdays (Leesburg Location)

**-Simpson Middle School**

**-Activity Number: 121032**

**TIMES:** Grades 3-5 (5:15-6:15pm)  
Grades 6-8 (6:15-7:15pm)  
Grades 9-12 (7:15-8:15pm)

**COST:** 1 Day/ Week (6 sessions) - \$108  
2 Days/ Week (12 sessions) - \$180

- Sessions Focus on Improving:
  - SPEED
  - AGILITY
  - QUICKNESS
  - POWER
  - COORDINATION
  - OVERALL ATHLETIC ABILITY!
- Monthly Testing/ Evaluation Sessions to Measure Results!
- Homework Packet and Nutritional Guide Provided!

**REGISTER NOW!**

[www.TrueAP.com/PRCS](http://www.TrueAP.com/PRCS)

- Questions? Contact Matt Diener: [mdiener@trueap.com](mailto:mdiener@trueap.com)
- Contact PRCS Office: 703-777-0343