

SPEED & AGILITY TRAINING CLINICS

MARCH 8th – APRIL 12th

**WEDNESDAY NIGHTS
FROM 6:00–7:30 PM**

AGES: 9–11

OUR PRE-SUMMER CLINIC IS FREE!

This is an advanced Speed Training and Agility Clinic Program, coordinated and directed by Norchester Red Knights' Football Director of Player Development Jim Bonshock and his training staff.

- A fun environment where travel players are encouraged to bring their very best effort and enjoy the high-paced, core-building workouts
- Drills & games aimed to make players physically and mentally stronger, while making football and other sport athletes more explosive, faster, and better conditioned
- Training drills include agility polls, speed ladders, resistance parachutes, bungees, and more
- Approx 20-minute flag football game after each clinic session.

LIMITED SPOTS AVAILABLE

Only 20 participants will be accepted. If we sell out, you will be placed on a waiting list and re-invited if a spot opens up for you.

LET'S GET STARTED

To reserve a spot and/or receive more program details, please email Jim Bonshock at:

nrkdopd@gmail.com

