

- ★ • Agility Drills
- ★ • BASERUNNING Drills
- ★ • CIRCUIT TRAINING
- ★ • RESISTANCE BANDS
- ★ • HAND/EYE COORDINATION Drills
- ★ • BALL REACTION Drills
- ★ • TAUGHT by CERTIFIED YOUTH FITNESS AND SPEED AND AGILITY INSTRUCTORS.

**ALL New Sessions**

SNG is proud to announce 2 UNIQUE sessions for this semester for Speed and Agility Camp.

**SESSION 1: BALL REACTION CAMP**-This session will Focus on the skills required for the spring sports. Ball reaction quickness, Baserunning speed, Lateral Quickness, and Lateral foot speed will be the focus for this session.

**SESSION 2: SPEED & STRENGTH CAMP**– This session will Focus on increasing speed and strength through medicine balls and resistance bands designed specifically for the young student athlete. Core Strength and circuit training will be the primary focus of this session along with reaction balls to enhance hand eye coordination.

# SPEED AND Agility

## AT COOPER WEST ELEMENTARY

For more information contact  
 Randy Terry  
 (806) 577-5514  
 info@stretchngrowthx.com

**PLACE:** COOPER WEST GYMNASIUM  
**DAYS:** EVERY WEDNESDAY SESSION 1: JAN. 25-MAR. 7TH  
 SESSION 2: MAR.21-MAY.2ND  
**TIMES:** 3:45-4:30 (GRADES 1ST-5TH) GROUPS will be split by AGE AND ABILITY LEVELS.



Mail REGISTRATION TO  
 STRETCH-N-GROW C/O RANDY TERRY  
 PO Box 148  
 WOLFFORTH, TX 79382

OR REGISTRATION CAN BE COMPLETED  
 ONLINE AT:  
 WWW.STRETCHNGROWTX.COM  
 \*\*Do NOT RETURN REGISTRATION TO SCHOOL.

Child's Name	School	Grade
Parent(s) Name	Home #	Cell #
Address	City	Zip
E-mail address*** (very important-registration confirmation will be e-mailed)		

**Disclosure:** Please describe below any injuries or health problems which might limit your child's participation.

**PLEASE CHECK SESSION**

Options	Dates	Price
<input type="checkbox"/> Session 1	Jan 25-Mar 7	\$60.00
<input type="checkbox"/> Session 2	Mar 21-May 2	\$60.00
<input type="checkbox"/> Session 1 & 2	Jan 25-May 2	\$110.00

**Method of Payment (payable to Stretch-n-Grow):**

Cash/Money Order  
 Check # \_\_\_\_\_

Visa  
 MasterCard  
 Discover

Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_  
 Signature \_\_\_\_\_

**Save \$10**  
 by prepaying both sessions