- 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 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 Bennett Elementary

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

Stretchngrowtx.com

Place: Bennett Gymnasium

Days: Every Monday Session 1: Jan. 23-Mar. 5th
Session 2: Mar.19-Apr 30th

Times: 3:25-4:10 (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.

Please Check Session

Options	Dates	Price
☐ Session 1	Jan 23-Mar 5	$60.00
☐ Session 2	Mar 19-Apr 30	$60.00
☐ Session 1 & 2	Jan 23-Apr 30	$110.00

Child's Name _____ School _____ Grade _____

Parent(s) Name _____ Home # _____ Cell # _____ Work # _____

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.

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