



# HAGERSTOWN AREA YOUTH SOCCER LEAGUE

## SPEED & QUICKNESS TRAINING

FALL 2014



POWERED BY:  TRUEAP

# PROGRAM DETAILS

DATES: 10/29/2014 – 12/21/2014 (START ANYTIME!)

DAYS/ TIMES: Sessions Offered Wednesday & Sunday

Youth (ages 8-10): 7:00 – 8:00pm

Athlete (ages 11-14): 7:00 – 8:00pm

Elite (ages 15-18): 8:00 – 9:00pm

LOCATION: Highland View Academy (gym)  
10100 Academy Drive  
Hagerstown, MD 21740

COST: • Access to all sessions \$150  
• 8 session package - \$96  
• Choose your schedule \$20/session

**\*Promo Code: HAYSLS – 20% Off Normal Pricing!**

- Sessions Focus on Improving:
  - SPEED
  - AGILITY
  - QUICKNESS
  - POWER
  - COORDINATION
  - OVERALL ATHLETIC ABILITY!
- Homework Packet and Nutritional Guide Provided!



**REGISTER NOW!**

1. Visit [www.TrueAP.com/Hagerstown](http://www.TrueAP.com/Hagerstown)
2. Find Your Program and Follow the Prompts to Register!

Questions? Contact Josh Daniels: [jdaniels@trueap.com](mailto:jdaniels@trueap.com)