



SOCCER SPEED & QUICKNESS TRAINING

WINTER
2013-2014

Powered By:



OVERVIEW



25% DISCOUNT OFF NORMAL PRICING!*

*Must Enter Promo Code: HAYSL

- Training Held at Highland View Academy
10100 Academy Dr, Hagerstown, MD 21740
- Learn the importance of a proper warm-up before activity
- Receive instruction on proper running form and change of direction
- Drills focus on speed, agility, quickness, reaction, and power
- Nutritional handout provided to all participants

PROGRAM DETAILS

25% DISCOUNT!

Promo Code: HAYSL

YOUTH CLINIC

AGES 6-10 & Ages 11-14

DATES: Sessions Begin Dec. 11th
START ANYTIME!

DAYS: CHOOSE YOUR SCHEDULE!
1 or 2 days/week
Sessions Held Wed / Sun

TIMES: 7:00 – 8:00pm

COST: Option 1: \$150 *(\$112.50)-
Train ALL Winter!

Option 2: \$12/sess *(\$9/sess)-
Choose Your Schedule

ELITE CLINIC

AGES 15-18

DATES: Sessions Begin Dec. 11th
START ANYTIME!

DAYS: CHOOSE YOUR SCHEDULE!
1 or 2 days/week
Sessions Held Wed / Sun

TIMES: 8:00 – 9:00pm

COST: Option 1: \$150 *(\$112.50)-
Train ALL Winter!

Option 2: \$12/sess *(\$9/sess)-
Choose Your Schedule

REGISTER NOW!!

25% DISCOUNT

Promo Code: HAYSL

Go to www.TrueAP.com

Click "Registration" ----- "Maryland" ----- "Hagerstown"

Find Your Program and Follow Prompts to Register!

Questions? Contact Josh Daniels: jdaniels@trueap.com