



# Hagerstown Area Youth Soccer League

## SPEED & QUICKNESS TRAINING

### Winter 2015



POWERED BY:  **TRUEAP**

## PROGRAM DETAILS

**DATES:** Winter 1: 1/7/2015 – 2/15/2015 *(START ANYTIME!)*  
Winter 2: 2/18/2015 – 3/29/2015 *(START ANYTIME!)*

**DAYS/ TIMES:** Sessions Offered Wednesday & Sunday

Youth (ages 8-10): 7:00 – 8:00pm  
Athlete (ages 11-13): 7:00 – 8:00pm  
Elite (ages 14-18): 8:00 – 9:00pm

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

**COST:**

- Access to all sessions \$125
- 6 session package - \$72
- Choose your schedule \$20/session

**\*Enter Promo Code: HAYSL – Additional 20% Off Normal Pricing!**  
As a TrueAP **PREMIER AFFILIATE**, a portion of all program revenue benefits Hagerstown Area Youth soccer League!

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

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)



**REGISTER NOW!**