



#TrainTrue



SPEED TRAINING



SUMMER 2016—Partnered With :



What is the TrueAP Difference?

It is our job to produce great athletes. While we don't work on the sport specific skills that are required to be a great player—that's the coach's job and they're experts at it—we create better athletes that have the power, speed, agility, and quickness to make those skills much, much more valuable.

Summer Programming Details: June 20- Aug 1

- *Sessions Monday and Wednesday (No Classes on July 4)*
- *Times:*
 - Ages 8-10: 5:00-6:00pm
 - Ages 11-13: 6:00-7:30pm
 - Ages 14-18: 7:30-9:00pm
- *Training Location:* Frederick Volleyball Club – 4451 Georgia Pacific Blvd, Frederick MD
- *Train All Summer for 25% Off Normal Pricing!*
- *HURRY: THIS OFFER ENDS 6/17! *Enter Promo Code: [wmylc](#)*
- *Registration: www.trueap.com/frederick*

In our program, athletes will:

- *Unlock their athletic power by starting to train explosively.*
- *Discover how train properly maximizing performance and prevent injury.*
- *Maximize technique to gain speed, agility & quickness.*
- *Employ specific drills that will help improve foot speed and change of direction.*



REGISTER NOW:

TrueAP.com/FREDERICK

Questions?

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