



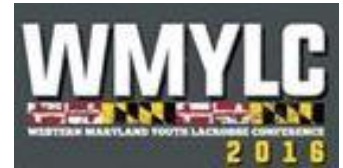
#TrainTrue



# 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: 5:30-6:30pm
  - Ages 11-13: 6:30-7:30pm
  - Ages 14-18: 7:30-8:30pm
- *Training Location:* St James School –  
7641 College Road, Hagerstown, MD 21740 (GYM)
- *Train All Summer for 25% Off Normal Pricing!*
- *HURRY: THIS OFFER ENDS 6/17! \*Enter Promo Code: [wmylc](#)*
- *Registration: [www.trueap.com/hagerstown](http://www.trueap.com/hagerstown)*

### 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/HAGERSTOWN](http://TrueAP.com/HAGERSTOWN)

## Questions?

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