



#TrainTrue



# SPEED TRAINING



## Winter 2017–Partnered With :

### What is the TrueAP Difference?

True AP increases speed, power, agility, quickness, and strength - giving each athlete the competitive advantage necessary to compete in sports today.



### Winter 2017 Details: January 5<sup>th</sup> – February 26<sup>th</sup>

**Training Sessions Held Thursday and Sunday**

Ages 8-10:	5:15-6:15pm
Ages 11-13:	6:30-7:30pm
Ages 14-18:	7:45-8:45pm

- **Training Location: BOONSBORO**  
20629 Reno Monument Road, Boonsboro, MD
- **As a TrueAP Partner, receive 20% Off Normal Pricing!**  
*\*Enter Promo Code: [wmylc](#)*
- **Registration: [www.trueap.com/hagerstown](http://www.trueap.com/hagerstown)**

### Program Features:

- **Movement Preparation**
- **Dynamic Flexibility**
- **Reaction, Quickness, Agility, Footwork**
- **Linear/Lateral Speed Development**
- **Injury Prevention Techniques**



# REGISTER NOW:

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

## Questions?

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