



#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 5th – February 26th

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 25% Off Normal Pricing!**
**Enter Promo Code: [smll](#)*
- **Registration: 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

Questions?

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