

SEYMOUR SPEED AND STRENGTH CLUB

Head Football Coach Mike Kelly would like to welcome all Seymour area athletes to the Speed and Strength Club. The purpose of the Speed and Strength Club is to help young athletes develop and improve their speed, strength, and power. Each session will build off the previous fundamentals and techniques learned. The Speed and Strength Club is not sport or gender specific. Boys and Girls have an equal opportunity to improve and grow in:

1. Agility
2. Flexibility
3. Form Lifting
4. Speed Development
5. Circuit Training
6. Form Running
7. Plyometrics
8. Improved Balance
9. Core Strength

Preparation for success starts NOW. Physical training will improve individual's confidence, self-esteem, energy, and body awareness.

Begins: Session #2 January 15th- February 8th Mon/Thurs.
Session #3 February 26th- March 15th Mon/Thurs.
Session #4 April 17th- May 10th Tues/Thurs.

Schedule: Monday(Tues. starting April) & Thursday:6-7:30 pm

Age: Current Boys & Girls in 2nd-6th Grades. 1st graders
Will be accepted at the coach's' discretion

Where: Bulleit Stadium weight Room

Cost: Free

On-site registration

For more information contact: kellym@scsc.k12.in.us