

# It's Good to be F.A.S.T.



For More Information or to register:

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www.fastsportsconditioning.com

## Summer Speed and Agility Camps

F.A.S.T. Sports Conditioning is offering 4 day speed and agility camps for athletes 8yrs - 18yrs. These camps are held Monday-Thursday during the summer at various locations throughout the metro Denver area. Set yourself apart from the competition by preparing for the upcoming season. Each 4 Day program will successfully teach all the major components of speed and agility training including:

**Dynamic Warm-up**  
**Active Stretching**  
**Footwork and agility**  
**Power and explosiveness**  
**Sprint starts and first step speed**  
**Cutting and multi-direction agility**

### Speed and Agility Camps

90 Minute Classes

Location: Carol Butts Athletic Park  
4201 W. 94th Ave.  
Westminster, CO 80031

Times:  
July 13th-16th 10:00 - 11:30 8 - 12yrs  
July 13th-16th 12:00 - 1:30 13 - 18yrs

**\$95**

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