COOPERSVILLE SPEED AND POWER

www.broncospeedandpower.weebly.com

WHAT: SPEED AND POWER DEVELOPMENT IN MALE AND FEMALE COOPERSVILLE ATHLETES (contact Coach Annen @ jannen@capsk12.org with questions)

WHO: ALL COOPERSVILLE 6-12 GRADERS ARE INVITED

WHEN: MONDAYS (on the track) AND THURSDAYS(near the athletic entrance at high school) @ 6PM - planning less than an hour each session. Registration is attendance with a check made out to CAPS with running shoes and workout clothing. Attend as often as you can. The more you run fast, the faster you'll get.

COOPERSVILLE SPEED AND POWER WILL CONSIST OF SPEED WORK ON MONDAYS ALONG WITH HOW TO RUN PROPERLY. THURSDAYS WILL CONSIST OF SOME EXPLOSIVE WEIGHT LIFTING WORK (APPROPRIATE PER STUDENT/ATHLETE SIZE AND EXPERIENCE) AND PLYOMETRICS.

COOPERSVILLE VARSITY COACHES WILL BE TEACHING AND CONDUCTING THE DEVELOPMENT OF SPEED AND POWER FOR COOPERSVILLE 6-12 GRADERS. BOYS AND GIRLS ARE BOTH INVITED TO ATTEND!

THIS IS NON SPORT SPECIFIC TRAINING FOR ALL ATHLETES!

COST: **$55** DOLLARS FOR ALL SUMMER INCLUDES A T-SHIRT (shirts ordered after a month to verify sizes and amount)! (checks to CAPS)

Dates: June 14,17, 21,24,28 July 1, 12, 15, 19, 22, 26, 29

#BUILDTHEBRONCOS!