



## Youth Football Skills and Conditioning Camps

Burst of Speed is offering a special program at a discounted rate for our local youth football athletes.

For All Youth Freshman and JV Athletes

Session 1: March 9<sup>th</sup> – March 30

Session 2: April 13<sup>th</sup> – May 6

Session 3: May 11<sup>th</sup> – June 3<sup>rd</sup>

Location: Belle Ann Elementary Gymnasium

Days: Thursday / Saturday

Times: Freshman Thurs 6:00 -7:00pm

Sat 9:00 – 10:00am

JV Thurs 7:00 – 8:00pm

Sat 10:00 – 11:00am

Cost: \$40 per Session (no other discounts apply)

(Require a minimum of 20 athletes sign up for program to run)

Please make checks payable to **Burst of Speed**

**WORKOUT DEMONSTRATION AND SIGN-UP ON MARCH 4<sup>TH</sup> AT 10:00am  
at Belle Ann Elementary**

Many sports injuries can be prevented through proper conditioning and training. Many injuries can be prevented with regular conditioning that begins prior to the formal sports season. Injuries often occur when athletes suddenly increase the duration, intensity, or frequency of their activity

Questions? Please contact Coach Higdon: 248.978.3018      coachhigdon@gmail.com