

Speed & Strength for Sports

- Week-Long Camp at Harding University
- *Drop your 40 and pro-agility times
- *Improve your vertical and standing long jumps
- *Get an edge on your opponents
- *Have fun while getting better

June 21-25, 2010
9am-11:30am
\$75/athlete (male & female)
7th through 12th Grade



Improve Vertical Jump



Overspeed with Bungee Chords



Improve Your Start

Contact Dr. Clay Beason, Certified Strength and Conditioning Specialist
And Head Strength Coach, at 501.279.4061 or cbeason@harding.edu

- Work with Sleds, Parachutes, Quickfoot Ladders, Plyometrics, Flexibility, and more!
- *Tips on Nutrition to Gain or Lose Weight and be at PEAK Performance!
- *Male AND Female athletes in any sport

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