



## **Youth Football Speed Camp**

### ***Get ready for the Upcoming Season @ TPA***

Get prepared for next season at The Performance Academy's youth football camp.

This camp will be designed for football-specific workouts that will concentrate on developing mobility, stability, joint integrity, injury prevention and athletic development. Sessions will include drills to improve footwork, eye-hand coordination, speed and explosiveness. In addition, each session will include non-traditional strength exercises designed to build mass, develop functional strength and increase work capacity.

**Location:** The Performance Academy | 1010 Classic Rd Apex, NC

**Time:** 3:45-5:00pm (Ages 7-8-9)

5:00-6:15pm (Ages 10-11-12)

**Dates:** **Starts-**Sunday May 3, 2015 – **Ends:** Sunday June 14, 2015

No Class on May 24, 2015

**Price:** **Early Bird Special-** \$96

**Regular price-** \$120

***Call Today to Register!***

***919-303-1687***