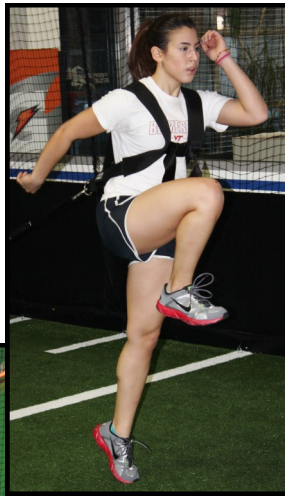
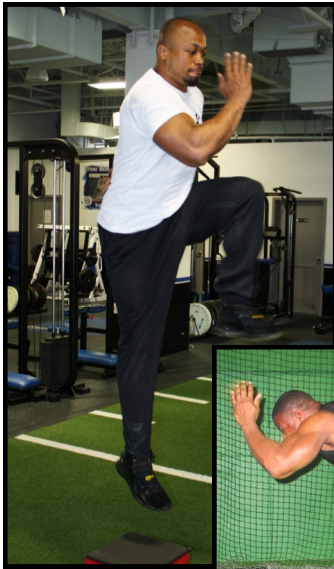


PERFORMANCE EDGE

COMPETITIVE SPORTS TRAINING



SPEED & AGILITY CLINICS



Performance Edge Speed & Agility Clinics – weekly clinics coached by Charlie Burt.

Performance Edge's Speed & Agility clinic will help you run faster, jump higher & become a better overall athlete. Each session is an hour and half in length, coached by certified and degreed strength and conditioning coaches. Each session will include:

- ◆ a proper warm up
- ◆ focus on sprint mechanics
- ◆ agility/lateral training
- ◆ injury prevention training
- ◆ core stability training

Reserve your spot today! We'll keep the class size small for optimal coaching.

Email Michelle at admin@pedgva.com or call the office at 571.252.5068

Who:

Any athlete looking to improve speed and agility
7th—12th grade

What:

Speed clinic led by Charlie Burt.

About Charlie:

- ◆ CSCS certified
- ◆ Member of NSCA
- ◆ Currently coaches sprints and hurdles
- ◆ Coached all-state hurdlers, sprint relays, and football

When:

Every Tuesday and
Thursday morning
9:30 - 11:00 AM

Starting Tuesday, June 21st
(through July 28th)

- ◆ no clinic the week of July 4th

Where:

Evergreen Sportsplex
19623 Evergreen Mill Rd
Leesburg, VA

Cost:

- ◆ \$20 per session
- or -
- ◆ \$160 for all 10 sessions

Contact Information:

571.252.5068
admin@pedgva.com

www.PEdgeVA.com