

Looking to Get Faster? Trying to Enhance Your Athleticism?

Join the Fall Performance, Speed & Agility Clinic @ CNHS!

- ✓ 6 session once-a-week program at CNHS track
- ✓ Run by experienced coaches
- ✓ For athletes of all sport backgrounds looking to stay in shape and prepare the upcoming season
- ✓ Focusing on sprinting, speed, starts, relays, plyometrics, injury prevention and rehab
- ✓ Registration includes t-shirt



Directors: Track & Field Performance Clinics

Who: Grades 1st – 9th ~ Boys & Girls

Dates: Sundays September 17- October 22 (Rain date Sunday 10/29)

Time: 9AM– 10AM

Location: Colts Neck High School Track

Contact: Joe Berardi – tfperformanceclinics@gmail.com

Cost: \$120 per child



TRACK & FIELD
PERFORMANCE CLINICS