



RICE FALL SPEED CAMP

Sunday October 9, 2011 2-4:30pm

Rice Track & Field Stadium

This Camp is Open to All Athletes

This camp will address everything dealing with speed including how to warm up for different sessions, drills and activities specific to acceleration, max speed, sports specific speed, and speed endurance, what to do on days between speed sessions, how to plan and organize training, and strengthening exercises that will enhance an athletes speed. This course is great for coaches and athletes from all sports!



Register at fallspeedcamp.eventbrite.com

Cost: \$100, \$75 for multiple children

Contact Casey Thom with any questions:

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