



# **BUILD A BETTER ATHLETE**

## **NEXT LEVEL's**

# **Speed & Agility**

# **Camp**

*Welcome to the most comprehensive athletic development program in the area!*

Our training will focus on:

**Speed, Agility and Quickness | Core Strength**  
**Flexibility | Injury Prevention**  
**Overall Body Strength | Explosiveness**  
**Sport Specific Drills**

**For athletes to reach their full potential, take them to the **NEXT LEVEL** today!**



**Colby Schreckengost**  
*President and Director of Training*

Summer 2009

Ages 10-18

**July 7 - August 6**

**Tuesday & Thursday**  
**7:00-8:15pm**

*Sign up for all 5 weeks or choose 4 weeks that fit your schedule.*

**5 Weeks - 10 Workouts**  
**\$149**

**4 Weeks - 8 Workouts**  
**\$129**

*Camp will be held at Highland Turf Fields*

**Sign up TODAY at**  
**[www.NLTraining.com](http://www.NLTraining.com)**



**Space is limited. Sign up early!**  
**[www.NLTraining.com](http://www.NLTraining.com)**  
**703-919-6200**