



#TrainTrue



SPEED TRAINING



Summer 2017 – Partnered With :

What is the TrueAP Difference?

It is our job to produce great athletes. While we don't work on the sport specific skills that are required to be a great player—that's the coach's job and they're experts at it—we create better athletes that have the power, speed, agility, and quickness to make those skills much, much more valuable.

Programming Details: 6/20 – 7/27

- *Sessions: Tuesday/Thursday*
- *Times: 10am-noon*
- *Training Location: QOHS (Tennis Cts)*
- *Train All Summer: \$50*
- *Payment: Return a check (made to black paw athletics) to John Kelley!*

In our program, athletes will:

- Unlock their athletic power by starting to train explosively.
- Discover how to train properly maximizing performance and prevent injury.
- Maximize technique to gain speed, agility & quickness.
- Employ specific drills that will help improve foot speed and change of direction.



TrueAP.com

Questions?
John Kelley

John_A_Kelley@mcpsmd.org