

LIBERTY JR. LIONS SUMMER SPEED AND CONDITIONING CAMP



DATE

JUNE 5 - JULY 26 (14 SESSIONS)
MONDAYS & WEDNESDAYS

TIME

6:30-7:30PM

COST

\$150 PER PLAYER

LOCATION

LIBERTY PARK

9700 W WILLIAMS RD, PEORIA, AZ 85383

The world of athletics today is more competitive than ever. Everyone is looking for an edge. Jr. Lions want to be the best and are always looking to improve. That is why we are excited to be working with Speed and Strength University this off-season. Their coaches have over 20 years of experience training athletes who are just starting out to NFL pro bowlers. Together we have designed a complete speed training program to help you maximize your abilities and help our program continue to be the Best. Speed and Strength University Coaches will identify and teach the most efficient way for each athlete to accelerate, create explosive power, change direction, balance, and enhance footwork, along with sport specific drills.



SIGN UP!

- Prevent Common Football Injuries
- Increase Speed, Power, Agility, Quickness
- Enhance Balance, Body Awareness, and Core Strength
- Improve Self Esteem
- Develop Team Work