

COACH KHYREE POOLE

ATHLETIC TRAINER

STARTS
JUNE 12TH

TRAINING FOR ALL:

- ✓ MEN
- ✓ WOMEN
- ✓ DIVISION 1 ATHLETES
- ✓ VARSITY ATHLETES
- ✓ YOUTH
- ✓ BEGINNERS
- ✓ ALL AGES (DOWN TO 4 YEARS OLD)

\$30 / SESSION
OR \$50 FOR BOTH

DAYS WITH 3 SESSIONS:
3 FOR \$75

SCHEDULE



MONDAY

- 4PM-6PM PUBLIC GROUP SPEED/ACCELERATION



WEDNESDAY

- 3PM-4PM PUBLIC GROUP GAMES & FUN
- 4PM-6PM PUBLIC GROUP EVASION/DEFENSE



FRIDAY

- 3PM-4PM PUBLIC GROUP GAMES & FUN
- 4PM-6PM PUBLIC GROUP COMPETITION/PRESSURE



SUNDAY

- 9AM-11AM PUBLIC GROUP AGILITY/CONTACT

Los Alamos Sports Park



SPEED. POWER. PURPOSE.

@KHYREETHEKAMIKAZE

PATRICIA H BIRDSALL SPORTS PARK

»»» (619) 648-7002 «««