

LAMPERT SPEED & AGILITY

*with Injury
Prevention*



Run By Evan Lampert
Head Varsity Football Coach
@ Pascack Hills HS

4 weeks of Training
1 Hr per Session/Group

Saturday 10:00am -11:00am
@ Superdome

Session 1: 1/3, 1/10, 1/17, 1/24

Session 2: 1/31, 2/21, 2/28, 3/7

These sessions are designed to create efficient and effective footwork movements to improve upon and maximize speed and change of direction.

They will incorporate core strength training and exercises to build muscle and prevent injury in the areas most vulnerable.

We will conclude each session with a full lower body static band stretch to reduce inflammation and muscle/ ligament tightness



\$165
Per session

Register @ speed.thedugoutnj.com
Questions? Contact info@thedugoutnj.com

