



JR LIONS FOOTBALL

Summer Speed Camp

Mondays and Thursdays 1:30-3:00

June 14th & 17th / 21st & 24th / 28th & July 1st

Open to All Linn Mar Students Grades 3rd- 7th

@ Armstrong Field

Cost \$40

Jr. Lions Football is proud to announce Summer Speed Camp for all our players run and operated by local professional Personal Trainers and Sprint Coaches

Athletes will go through Speed Training while learning proper sprint technique, Plyometrics, and Agility training. Athletes will be tested for progress from the beginning of camp to the end.

Checks Made to: Jr.Lions Football / or paypal @ juniorlionsfootball.com

Questions: jrlmfootball@gmail.com

Player Name: _____

Parent Name: _____

Cell # _____

