



EXPLOSIVE TRAINING

Agility, Power, Speed and Strength training

*Boys & Girls
8th Grade & Up*

Focus on Improving One's Speed

*Go through various drills to help increase speed,
increase reaction, and change directions more efficiently
in their sport.*

Tues, Wed & Friday's

6:00 AM - 6:45 AM

\$15 per session

Register at:

matchpoint-performance.com

*W1953 Garton Rd
Sheboygan, WI*