

# Speed, Agility & Conditioning

with Tom Becker  
@ Williston Center, Minnetonka

*Take your performance to the next level!*  
*Starts Saturday, February 6th*

**4 Week Clinic: 3 Saturday afternoons, 1 Friday night**  
***February 6th - February 27<sup>th</sup>***

**Saturdays:**

**\*Session I: 3:00-4:00 (12 years old and under)**

**\*Session II: 4:15-5:15 (13 years old and over)**

**Friday 2/19**

**I Session: 7pm**

**Limited to 20 Athletes per session**

*One full hour of activities designed to increase your overall level of strength and cardiovascular endurance. Bring your water bottle, plan to have fun and train hard!  
We will cap the attendance at 20 per class to ensure the safety of the athletes.*

## 4-Week Sessions Begin:

**Saturday February 6th, 13<sup>th</sup> and 27<sup>th</sup>**  
**& Friday February 19<sup>th</sup> Session will be at 7:00pm!**

**An exceptional value at \$12 per player/ per session (pay at door) or \$40 for the 4 week package... or 1 punch on with the 'Game On 2010' membership.**