

# GET THE EDGE

## Speed and Agility Camps

### AGILITY



### EXPLOSIVE MOVEMENT



### LATERAL MOVEMENT

### Programs Offered:

#### Spartan Program: June 15– Aug 14

- Mon, Tue, Thur, Friday 7-9 pm
- 1 hr Explosive Development (Speed/Agility)
- 1 hr Strength Training
- Cost: \$950
- Location: Diamond Dreams Athletic Performance Center—All Sports Welcome

#### Warrior Program: July 15-Aug 14

- Mon, Tue, Thur, Friday 7-9 pm
- 1 hr Explosive Development (Speed/Agility)
- 1 hr Strength Training
- Cost: \$550
- Location: Diamond Dreams Athletic Performance Center—All Sports Welcome

#### On Campus Training Program:

Our staff comes to your location

- 6 weeks 2x a week \$240/athlete
- 4 weeks 3x a week \$240/athlete

### SPEED



### FIRST STEP QUICKNESS



### STRENGTH



Diamond Dreams Athletic Performance Center and Competitive Edge Sports have combined top sports performance specialist in developing the Ultimate Speed and Strength Program. Don't be left behind. Get the EDGE on the Competition!!

**Call Today: 410-896-4394**

**Spots are Limited!!!!**

