



Speed, Agility & Quickness Camp

June 18th–21st @ Seaholm High School.

Cost: \$135.00 Ages: 8-15 9:00am-11:15am

Stadium Field
2436 W. Lincoln,
Birmingham, MI 48009

The **Speed, Agility, and Quickness** program is offered to any athlete with the desire to improve their linear, lateral and vertical movements. One of the most obvious assets for all athletes in a specialized sport is the ability to run or move fast. Running is a learned skill just like throwing, catching, kicking, hitting, or shooting a ball. Since running is a learned skill, it can be practiced and improved. Everyone can improve speed and dynamic athleticism through SPARQ Training. If you want to get more out of your game, no matter what the game is, our program is for you!

- Each athlete will learn the drills and techniques used by the pros to increase speed. All participants will be given a SPARQ Rating to compare their scores to athletes across the nation.
- The program is designed to develop athletic excellence in high school, junior high school, or youth sports athletes.
- Coach Jackson is a nationally certified trainer of SPARQ.

“SPARQ Training is what is needed to improve an athlete’s speed to help him get to the next level” Tom Shaw-Speed and Conditioning Coach for the 2001,2003 & 2004 World Champion New England Patriots.

Professional athletes that the staff have worked with who have benefited from speed training:

Donovan McNabb, Gosder Cherilus, Chris Johnson, Hines Ward, Laron Landry, Levi Brown, Sammy Strougher, Early Doucet, Glenn Dorsey, Maurkice Pouncey, and many more!

For more information visit: www.coachjacksonspeed.com or call (248)535-7404

*. **SPARQ and Nike** are on a mission to help every athlete become faster, stronger and more explosive. Students in this camp will be taught running technique with an emphasis on increasing stride length and stride frequency. Students will be using resistance belts, parachutes, agility ladders and power balls in their training session. Bring turf or tennis shoes and water.*

“Improving speed, power, agility, reaction and quickness can give you the edge you need to move to the next level of your game”

You can register on line with Birmingham Community Education at www.communityed.net or call 248-203-3800

