

FOSSIL RIDGE

Speed Development & Running Camp

HOSTED BY

FOSSIL RIDGE HIGH SCHOOL TRACK & FIELD

FOR BOYS AND GIRLS
1ST-8TH GRADE

MAY
28th-31st

FOSSIL RIDGE
INDOOR FACILITY
4101 THOMPSON RD.

5:30PM
-7:00PM

\$50



IMPROVE

- SPEED
- STRENGTH
- MOBILITY
- ENDURANCE
- COORDINATION
- CONFIDENCE
- FUN

Sessions will include warm ups, dynamic drills, mobility, group running, competition, team character, and lots of **FUNDamentals of SPEED!!**