



ACCELERATION
SPORTS INSTITUTE

Get an Edge Over Your Competition This Off Season

**Discounted rate for HFC and ABYSA
June 9 – July 15**

ACCELERATION PROGRAM: 1 hour speed development (unlimited): Dynamic flexibility, ladder drills, speed and agility drills, reaction drills, and conditioning (\$150)

ACCELERATION PLUS PROGRAM: 1 hour speed development (unlimited): Dynamic flexibility, ladder drills, speed and agility drills, reaction drills, conditioning, body weight lifting program, and resistance training (\$175)

Acceleration Programs (Monday – Friday)

2:30 – 3:30 pm: 8 – 12 year olds

3:30 – 4:30 pm: 13 year olds and up

4:30 – 5:30 pm: 8 – 12 year olds

5:30 – 6:30 pm: 13 year olds and up

Lifting programs can be performed immediately following participation in the acceleration program or on a separate day