



FUTURE JAGS SPEED DEVELOPMENT

Boys & Girls Entering 6th-8th Grade

When Tuesdays and Thursdays in June and July

*There will be no running on high school dead weeks

Where BLUE SPRINGS SOUTH FOOTBALL STADIUM

Time 5:00-6:30 pm

Dates June 1st, 6th, 13th, 15th, 20th, 22nd, 27th, 29th July 11th, 13th, 18th, 20th

Cost \$55 paid in full prior to May 30th or \$5 each session

Led by

Jon Oyler-Head Football Coach

Troy Harding-Head Track and Cross Country Coach

Jon Grice- Head Boys Soccer Coach

Justin Giger-DB Coach, Trained 14 NFL players drafted in the 1st round

Purpose

To develop proper running form and mechanics

Agility Training-Sport Specific Speed

Get to know high school coaches expectations

Build Jaguar Pride!

Online Registration url:

<https://docs.google.com/forms/d/e/1FAIpQLSff3uU0oh94PH-1GpenfgVAyicNYfUZjDXYwY0wuy9mQCPzHA/viewform#start=invite>

Payments: Make checks payable to ***Jaguar Youth Camp***

Mailing Information:

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