



## WAYNESVILLE SATURDAY STRENGTH, SPEED, & AGILITY TRAINING

Excelerate Athletic Development is offering speed and agility training for 8<sup>th</sup>-12<sup>th</sup> grade boys and girls student-athletes. This training is designed for any athlete who is very focused, driven, and is looking to improve their overall athletic performance.

Training offered by the official training partners of Waynesville High School Athletics:



For any questions or for more information, please contact:

Adam Szabo

513-368-0151

[excelerateAD@gmail.com](mailto:excelerateAD@gmail.com)

[excelerateAD.com](http://excelerateAD.com)

### WHAT

Strength & Conditioning  
Training

### WHO

Waynesville 8<sup>th</sup> – 12<sup>th</sup>  
graders

### WHEN

Every Saturday from  
August 24 – November 2  
9:15 – 10:15 am

### WHERE

Waynesville High School  
Gym & Weight Room

### COST

\$10 per session attended  
& will pay with cash or  
check before each session

### BRING

Tennis Shoes, Water, and  
\$10

### 1 HOUR SCHEDULE

Warm-Up:	10 min
Strength & Cond:	30 min
Flexibility:	10 min