SPEED AND AGILITY TRAINING

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CHAMPIONS ACADEMY
SPEED AND AGILITY TRAINING
For Youth Athletes Ages 8-18

Pharr Chiropractic and The Field Indoor Soccer and Sports Center are proud to announce:

Speed and Agility Training at The Field.

Conducted by Dr. Patrick Pharr, Speed and Agility training is designed to improve your athlete's speed, agility, coordination, balance and strength on the field or court.

Dr. Pharr says "By training in the proper way, we can increase the dynamics of an athlete's movements plus build strength and stability in their joints and also prevent injuries".

Tim Collett, Owner of The Field, says "I am pleased to have Dr. Pharr's expertise in this area and excited to add another program to offer the many teams and players who call The Field home for their indoor and training activities. This is a great enhancement to our Champions Academy training programs."

WHEN: Wednesdays, June 6, June 13, June 20, June 27, July 11, July 18, 2012
(NO TRAINING JULY 4, 2012)

WHERE: THE FIELD INDOOR SOCCER AND SPORTS CENTER
460 INDIAN WARPATH DR.
PACIFIC, MO 63025
www.thefield-stl.com

AGE GROUP: 13-18 year olds from 7:30pm - 8:25pm
Cost is going to be $65 per athlete.

TO REGISTER, PLEASE CONTACT DR. PHARR USING ONE OF THE BELOW METHODS:

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