



BigTime *Speed and Power Training Camps!*

What: Training for developing speed and power. Training that will advance your athletic ability to a level that is beyond what you thought it could be. BigTime Athletic Development is offering a perfect complement to your off-season training at your school. What we do in our camps is specific to developing speed, power and core strength. This camp is designed to supplement any high school program-no conflicts!

Where: BigTime Athletic Development training facility.
Go to www.bigtimeathleticdevelopment.com for directions (go to "Contact Us").

What does a Speed and Power camp include?:

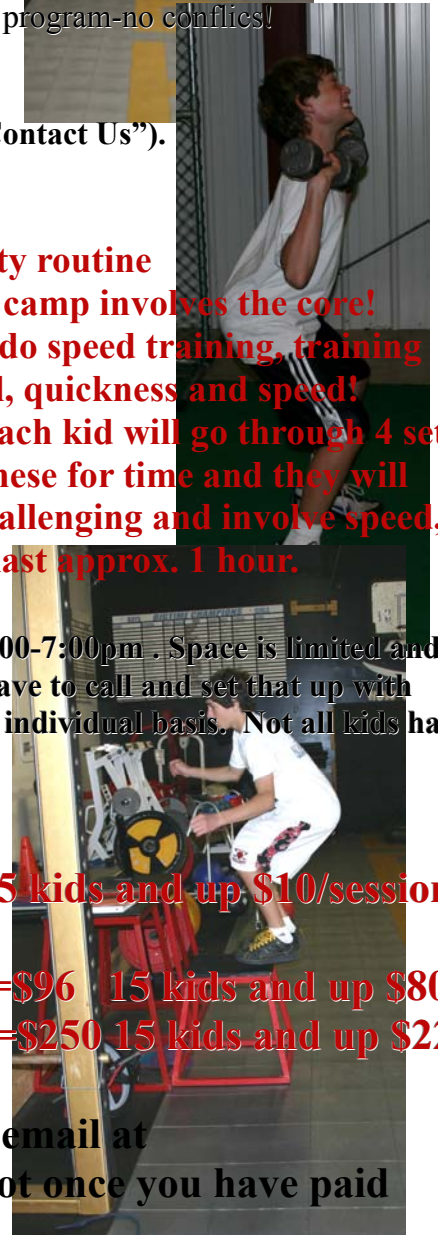
- **Flexibility:** Every kid goes through a dynamic flexibility routine
- **Core Development:** Almost every exercise we do in this camp involves the core!
- **Speed Development:** Every time they come in they will do speed training, training that will work on explosion, 1st step quickness, vertical, quickness and speed!
- **Power Circuits:** This is where we develop the athlete. Each kid will go through 4 sets of circuits that involve 3 exercises each circuit. We do these for time and they will vary almost every time. These circuits are extremely challenging and involve speed, core, and power-everything an athlete needs. Sessions last approx. 1 hour.

When: We have timeslots everyday. 4:00-5:00pm, 5:00-6:00pm, 6:00-7:00pm. Space is limited and is on a first come first serve basis. If you want a team time then you have to call and set that up with Brian Blackwell. Anything later or Saturdays have to be set up on an individual basis. Not all kids have to come in at once to get the team rates.

Cost for training:

1-10 kids- \$15/session 11-15 kids -\$12/session - 15 kids and up \$10/session
Minimum of 8 sessions
Flat rate fees: 1 month 1-10 kids =\$120 11-15 kids=\$96 15 kids and up \$80
 3 month 1-10 kids= \$310 11-15 kids=\$250 15 kids and up \$225

Sign up: Call Brian Blackwell at (303) 517-5855 or email at bigtimead@msn.com. You will be put into a time slot once you have paid your money. Visa Mastercard accepted



*Contact Brian Blackwell for information on this training camp
 or any other training offered by BigTime Athletic Development : bigtimead@msn.com or (303) 517-5855*