

Annual

Don Caparotti's

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Speed & Agility Clinic

Sponsored by



PROGRAM: Testing: 40, 20, 10 yards sprints, shuttle run, vertical jump, broad jump and more!

Break down running form with drills and exercises designed to make you quicker, faster and develop more balance, power, and coordination for all sports! (harness, cones, resistance bands and more...)

Having been trained at the World Class level, by the best coaches in the country, made my goal a reality.

They helped me take my Speed & Agility to a whole new level,

NOW ITS MY TURN TO HELP YOU !

Grades: 2 and up - Boys and Girls

Place: Mt. Airy Elementary School (Fields)

Time: 8:30-10:00 am

Dates: June 16,18, 21, 23, 25, 28, 30

July 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30

August 2, 4, 6, 9, 11, 13, 16

Cost: \$250.00 Per Individual, 2 or more children from same family, \$200 each (REFERENCES AVAILABLE)

Note: You will have a minimum of 20 sessions. I have listed a few extra dates to allow for changes and cancellations due to weather.

DON'S BACKGROUND OVER 28 YEARS

Professional Football

SCORED TOP 1 % NFL COMBINE TESTING

Graduate of Umass with an Education degree

Consensus All American Football

Scholarships in 4 Sports (Football, Basketball, Baseball, Track)

Placed 2nd and 3rd in Country (100 & 200 meter dash)

Trained with World Class and Olympic Athletes

Coached by US OLYMPIC SPRINT & HALL OF FAME COACHES

Ace Certified Personal Trainer / Speed & Conditioning Specialist



Make checks payable to:

Don Caparotti

Mail to:

511 Bridleweath Way
Mt. Airy, MD 21771

Respond by June 11th, to reserve your spot!

Call: Don Caparotti 301-802-3026 / www.1steamfitness.com

Name: _____ Age _____ Phone _____

Parents: _____ Cards Accepted: Visa / MC