

Did your child miss last year's clinic? Is your child one "step" behind in their sports. If so, this ALL-SUMMER-LONG clinic is for you! It has been proven it takes more than one week to create consistency.

Don't let your child miss out - sign up now for a summer of success!

Don Caparotti's 1st Team Fitness, LLC

Presents Annual

Summer Speed & Agility Clinic



PROGRAM GOAL: Make you quicker, faster and develop more balance, power and coordination for your individual/team sports. I will bring out the best in you and take your speed and agility to the next level. In any sport, one split second can make all the difference for you and the team. Do you want to take that chance? **GET RESULTS!**

Grades: 2 and up - Boys and Girls

Place: Field at Watkins Park

Time: 8:30-10:00 am

Dates: June 17,19, 22, 24, 26, 29

July 1, 8, 10,13, 15, 17, 20, 22, 24,27, 29

August 1, 6, 8, 11, 13, 15, 18, 20,22

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

ACE Certified Personal Trainer

Professional Football

Graduate of Umass with an Education degree

Consensus All American Football

"In my 26 years of experience, I have had the privilege of working & training with top trainers, athletes & US Olympic sprint & Hall of fame coaches. Now it is your turn!"

Respond by June 14th, to reserve your spot!

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

Make checks payable to: Don Caparotti
Mail to:

511 Bridlewreath Way Name: _____ Age _____ Phone _____
Mt. Airy, MD 21771 Parents: _____ Cards Accepted: Visa / MC