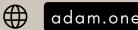


ACTIVITIES:

- **Speed Training**
- **Change of Direction Training**
- Acceleration training
- Intro to weight training
- Small group mobility games
- T shirt included

	June 10-June 27 M-Th 8:30-10AM July 8-26 M-Th 8:30-10AM	Athlete Name
April 18	\$100	Parent Name
	Cash or Check: Morton Football	
	Turn flyer into Athletic Office or	Parent eMail





Coach O'Neill