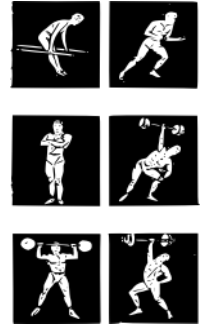




Speed! Quickness!

Agility!



Summer Conditioning Camp

Become faster, stronger, & better!

Don't lose a step this off season! All AVCS athletes are welcome at the Speed Quickness Agility Camp where drills designed to improve reaction time and explosiveness will lead to personal and school success in their upcoming sports seasons. Steve Maiorca and Todd Pierson will lead drills ranging from jump roping to shuttle runs to hills, so that our Patriots can challenge themselves this summer and have fun at the same time!

Who: Any AuSable Valley student who will be entering grade 7 through grade 12 in the fall of 2019 is eligible to participate

When: Mondays and Thursdays, July 1st through August 12th from 6 – 8 p.m.

Where: AuSable Valley High School athletic facilities

Fee: \$80 per athlete

Deadline to Register: July 1st

Contact AVCS Booster Club with any questions @: avcsboosterclub@gmail.com



Sponsored by: AuSable Valley Booster Club