

SMASH

PERFORMANCE ACADEMY

POWER SPEED AGILITY

CLINIC TUESDAY 20th SEP 2016

Knox Athletics Track
Bunjil Way, Knoxfield

9am-12pm for 9-12 year olds

12:30-4:30pm for 13+

Clinic includes :

Test of 20 sprint, Vertical Leap & Agility Test
Drills to improve reaction time & acceleration

Safe jump & land progressions

Advice on conditioning junior athletes,

warmup, cool down, stretching, recovery

Handouts : 12 week running program & more!

Registered T&F athlete or Smash Academy Athlete :

Junior (9-12) \$60, Senior (13+) \$80

All other athletes : Junior (9-12) \$90, Senior (13+) \$120

Discounts for teams (5+ attendees) & family siblings

Places strictly limited. Book early so you don't miss out ..

Elite Athletes attending the afternoon clinic :

Jordan Munyard - National All Schools sprint champion

Dylan Clarke - AFL Eastern Ranges TAC Cup Captain

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