



LASSITER STRENGTH, SPEED & AGILITY

TRAINING 2016

Coach Tony Brown and Lassiter High School athletics would like to introduce our new Strength & Conditioning and Speed & Agility programs. We heard the feedback and have structured these programs to meet your demands: (a) Strength training for the older kids, but speed and agility workouts for the younger ones; and (b) for the older kids who are playing other sports, make it at a time where there won't be conflict with games and practices. These programs are for everyone and anyone! Beginners and girls welcome! Our goal is to develop non-sport specific athletic ability and strength.

Strength, Speed and Agility Training

Rising 3rd through 8th grades

Cost: \$150

Tuesday and Thursday

Dates: May 31 to July 19, 2016 (no workout when school is closed for holiday \ vacation)

Times: 6:00 – 7:15 pm

Middle School students will work out with Coach Brown in programs that are designed to prepare the athletes for the weightlifting, speed and agility programs they will utilize in their high school sports.

To sign up, go to www.lassiterfootball.net and click on Junior Trojan Football in the left hand menu. For questions, please contact Coach Tony Brown at 770-597-5320.