

**SIZE INTIMIDATES, STRENGTH PUNISHES, BUT
SPEED KILLS**

CSD SPEED TRAINING

MOVE QUICK | JUMP HIGH | RUN FAST

Islander Nation! You are invited for our Annual Speed & Agility Engineering Program

Sponsored by Mercer Island Football Booster Club

Powered by Chiles Sports Development

LET'S GET FAST

PURPOSE: TO TEACH PURE SPEED OFF THE MARK!

DETAILS: WE WILL INSTRUCT AND EMPOWER SPEED, AGILITY, QUICKNESS & CONDITIONING PROTOCOLS AS OUR #1 FOCUS THROUGH TECHNIQUE, SKILLS, DRILLS & FRIENDLY COMPETITION THAT ARE PROVEN TO GAIN MAXIMUM RESULTS!

- DATES | SUNDAYS 4/27, 5/4, 5/18, 5/25, 6/1
- TIMES | 10-11:30AM
- LOCATION | MIHS STADIUM (track & field turf)
- RATE | \$75 (PAYABLE TO MERCER ISLAND FOOTBALL BOOSTER CLUB)
- REGISTRATION/WAIVER FORM & PAYMENT MUST BE RECEIVED BEFORE PARTICIPATION

*Service Sponsored by Mercer Island Football Booster Club
Powered by: CHILES SPORTS DEVELOPMENT
Contact Owner/Performance Coach Kevin Chiles at
(206) 225-8608
Or email Chiles_CSD@msn.com*



ZOOM FOCUS

