



Woodstock Jr Wolverines Performance Training



- **FIRST-STEP QUICKNESS**
- **LATERAL QUICKNESS**
- **CHANGE OF DIRECTION EFFICIENCY**
- **CORE STRENGTH**

Rapid is extending football players more than a 50% discount on training to help your athlete prepare for Spring Football & beyond. This **8-week program** (16 sessions) is designed to enhance first-step quickness, change of direction efficiency, and core strength for overall on-field performance.

8-Wk, 16 session Training Program

\$250!

(only \$15.63 per session – regular rate \$37.50 per)

Days & Times

Mondays & Thursdays, 7 pm – 8 pm

Dates

March 4, 7, 11, 14, 18, 21, 25, 28, April 1, 4, 8, 11, 15, 18, 22, 25

Payments

\$50 deposit with a check or CC by deadline (done over the phone w/Rapid Rep). \$200 Due March 4th.

Register by emailing: mike.berenger@go-rapid.com

Subject Line: Football

Body of email: Parent's contact info & player's name/age.

Deadline for Sign-ups: February 27th. \$50 deposit due

Training Location: 105 Smoke Hill Ln, Ste 120 | Woodstock, GA 30188

Twitter: @RapidSportsGA

rapidsportsperformance.com IG: @rapidsports