

# YOUTH SPEED AND AGILITY TRAINING



## PACK PERFORMANCE CENTER

Building **CHAMPIONS** at a young age



- Strategically break down how to properly run to produce power & speed
- Fundamentals needed to become a better athlete
- Advance footwork
- Injury prevention

**Price:** \$75 for 2x a week  
for 1 month

Join the **PACK**  
330-242-6577

3985 Eastern Road  
Norton OH  
Behind the Circle K