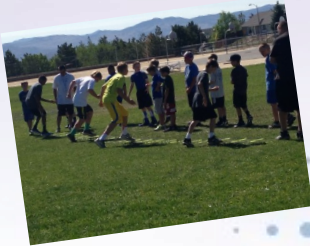




GRIDIRON TRAINING CAMP PRESENTS:



Gridiron Training Camp 2016 SPEED TRAINING CLASSES

GRIDIRON TRAINING CAMP is offering "Speed Kills" training classes on Sundays starting May 22, 2016 thru June 26, 2016 at Reno Sports Performance Center for athletes ages 9-14 for \$10 a session from 2pm-3pm. The class will consist of the following:

- Acceleration
- Agility
- Power and Strength
- Physical and mental conditioning for athletic development
- Speed and agility
- Foot speed

The training is going to be intense and it will get young athletes to move quicker, learn to run properly, build confidence and develop a competitive mindset.

Make Checks payable to:
Gridiron Training Camp
10438 Chadwell Drive
Reno, NV 89521
775.232.5211
www.gogridirontraining.com
Email: gogridirontraining@gmail.com

Training location:
Reno Sports Performance Center
250 Chism Street
Reno, NV 89503

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FOOTBALL CAMPS

Gridiron Training Camp 2016 FUNDamentals Camp



GRIDIRON TRAINING CAMP is offering a non contact football camp this summer. The 2 day camp will consist of the following:

- Enhance his/her athletic performance
- All Positions specific football training
- Improve mental toughness
- Improve hand and eye coordination
- Physical and mental conditioning for athletic development
- Speed and agility
- Improve movement and flexibility
- NFL HEADS UP Tackling training

CAMP DATES:

June 4, 2016: FREE 1 DAY FOOTBALL CAMP (Space limited) 12pm— 2pm

June 13-14, 2016, 2016: SUMMER FOOTBALL CAMP (Contact us for buddy/sibling rate) 11am—1pm \$50

May 22 thru June 26, 2016 (Sundays only): SPEED KILLS (Contact us for discount rate for all classes or \$10 drop in fee per session) 2pm-3pm

CAMP LOCATION:

Reno Sports Performance Center Indoor Facility (formerly BIG BAT)

250 Chism St. #B, Reno, NV 89503

Log onto our website: www.gogridirontraining.com to download the form and specify which camp your athlete will attend.

More information: www.gogridirontraining.com

Email: gogridirontraining@gmail.com

Phone: 775.232.5211



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