

STACK 
VELOCITY SPORTS PERFORMANCE



**WE MAKE
BETTER
ATHLETES.**

Football Performance Camp at Ralia Sports Center

The best way to become a better football player isn't just by playing more football it's by improving your overall athleticism. Throw farther, cut faster, and kick your game into high gear with STACK Velocity Sports Performance. Whether you're a professional athlete trying to make the Pro Bowl, a college athlete preparing for the combine, or a Pop Warner player training for the next level, STACK Velocity Sports Performance can help you meet your goals. Our one-of-a-kind programs, bolstered by certified coaches, and elite curriculum, help football players become faster, stronger, and more explosive.

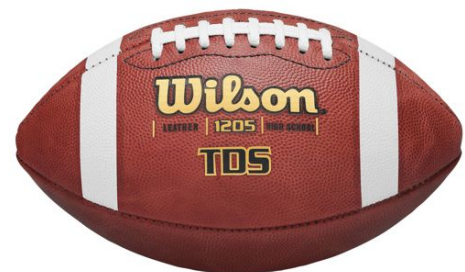
Sports Performance Benefits

- Increase Your Speed
- Improve Blocking and Tackling Strength
- Gain Balance and Agility
- Reduce the Likelihood of Injury

Football Skills Benefits

- Footwork
- Route Running
- 2 Point and 3 Point Starts
- Combine Drills
- Fundamental Mechanics

- Who:** Athletes in grades 3-5 (Youth)
Athletes in grades 6-8 (Developmental)
Athletes in grades 9-12 (Competitive)
- What:** Four 60-minute sessions (Youth)
Four 90-minute sessions (Developmental/Competitive)
- Cost:** \$79 (Youth)
\$99 (Developmental/Competitive)
- Where:** **Ralia Sports Center**
8686 Valley Forge Lane N, Maple Grove, MN 55369
- When:** July 13th-16th, 2015
- Time:** 1:00PM-2:00PM (Youth, grades 3-5)
2:10PM-3:40PM (Developmental, grades 6-8)
3:50PM-5:20PM (Competitive, grades 9-12)
- Note:** Minimum of 6 athletes and a max of 20 athletes per age group



Register online at www.velocitysp.com/champlin/camps_and_clinics

