

Summer Training with Radical Athletics
Jack Casagrande Field, Brien McMahon High School

**TAKE YOUR GAME TO THE HIGHEST LEVEL, NO MATTER WHAT
SPORT YOU PLAY, WITH OUR CERTIFIED PERFORMANCE
COACHES**



We will focus on the following four core areas:

- **MOVEMENT** = Balance, Agility, Quickness, Correctives and Flexibility
- **CORRECTIVE TECHNIQUES** = An introduction and adjustment to the proper forms and actions required for optimal results
- **PERFORMANCE TRAINING** = Functional Strength, Power and Explosiveness
- **SPEED TRAINING** = Running Mechanics, Acceleration/Deceleration, and Linear/Lateral Speed

FOR ANY ISSUES or QUESTIONS EMAIL: rodney@trainradical.com

Trainradical.com

203.274.7848

YOU WILL NEVER HAVE SO MUCH FUN WORKING OUT!!

Dress for the weather, wear sneakers and bring water.

June 25th to August 22nd

17 sessions - Tuesdays and Thursdays

Session 1 - 6:30 AM - 7:30 AM

Session 2 - 7:30 AM - 8:30 AM

\$250.00 per session (less than \$15.00 per session)

Grades: 9th - 12th Grade

[REGISTER HERE](#) - Mandatory for all participants

Mail all checks to:

Brien McMahon High School

% John Cross

300 Highland Avenue, Norwalk, CT

06854

Make all checks payable to:

Norwalk Junior Soccer

Put in memo: BMHS - Camp