

# Sports Advantage – June 2024

Personalized training to help you become a better athlete

## Key Components

- Speed                      - Agility                      - Strength                      - Flexibility

## Including:

- Cardio Training - Plyometric Training - Weight Training (age appropriate)

**Horizon Middle School**

**June 3<sup>rd</sup> – June 27<sup>th</sup> – One hour training sessions –**

**Open to incoming 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup>**

**Monday – Thursday**

**9:00, 10:00, 11:00, 12:00**

**\$110 per athlete**

**Spots will be limited per session**

**First come/First serve**

Questions: email [derrick\\_leithold@bismarckschools.org](mailto:derrick_leithold@bismarckschools.org) or call/text 701-426-8398

Register at <https://forms.gle/MtJja6cZpVFrTJj19>

