



PRESENTS...



## Speed Clinic

12 week course  
(June 15<sup>th</sup> – Sept. 4<sup>th</sup>)  
Monday & Friday  
7am-8am

Discounted rate for Irish  
American Home  
Members

Limited space available  
Total cost \$450

If you have the need for speed then this clinic is for you. This program will help athletes improve their speed, agility, and quickness. The speed clinic will focus on mastering technique and foot work that will not only make you faster but a better athlete in general.

No matter what level, J.V., Varsity, College or Professional, this clinic will give you the tools to take it to the next level.

Alpha Fitness, 385 Center Street, 860-432-9997  
[www.GoAlphaFitness.com](http://www.GoAlphaFitness.com)