

Make Full Use of your Technical and Tactical Skills

Speed and Agility are highly trainable skills. What do they do? Speed training increases muscular power, brain signal efficiency, motor skills, kinesthetic sense (your body's spatial awareness) and reaction time. Agility training can enhance strength and flexibility. It replicates the movements of sports, and allows you to develop brain pathways that can assist in the performance of your sports' techniques and strategies by developing efficiency and body control.

Speed and Agility Sessions Include:

- Myofascial Release
- Active Dynamic Warm-Up
- Core Stabilization
- Movement Technique
- Movement Application
- Explosive Power Enhancement
- Technique Rehearsal
- Cool Down

Registration

Sessions: 6-10

Level 1: Ages 9-16

Duration: 1 hour

Level 2: Ages 16+

Cost: \$150 - \$250

*For more information
or to register contact:*

Blake Swan

Phone: 732-236-7969

E-Mail: BlakeS@UOGNJ.com

About Your Trainer



Blake Swan C.S.C.S. TSAC-F, CPT, FMS

Sessions are lead by Certified Strength & Conditioning Specialist Blake Swan. A lifelong top-level athlete, Blake holds a B.S. degree in kinesiology and exercise science from Temple University. He is also a Certified Personal Trainer with certification in Functional Movement Screening.

