



SPEEDMATTERS

Speed Strength-Agility CLINIC

2018 Montour Girls Volleyball Jumping Speed - Agility Conditioning Session/Clinic

Newest speed-agility-reaction drills
will be introduced! Scripts are designed
by Western PA's Speed Guru Robert Naylor!

**Our Training Sessions give athletes the
competitive edge for:**

- *Explosiveness 1st Step * Vertical Jump
- *Lateral Movement *Multi-Directional Change
- *Cardiovascular Endurance *Coordination
- *Agility *Speed *Teamwork
- *Power *Pivoting *Flexibility
- *Leg Strength *Court Awareness *Stamina
- *Eye/Hand Coordination



For any informaton Call **412-398-1135** or email
www.speedmatters.biz.

**"Defending Section
Champions, Runner -Up
WPIAL & Final 4 PIAA ...
Time to Defend &
Represent! It All Begins
Off Season!"**

Sessions will include:

**Box Jumps, Bungee
Flexibility Drills, Power
Jumps, Lateral Lunges, Core
Work, Power Squats, High
Rep Drills, Reaction Drills,
Aquatic training... Much More!**

Grades 7-12

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