

Speed & Performance

Youth Training Fall 2015



Session Schedule

- Session 1** 9/8-10/1 *(no training 9/19 & 9/26)
- Session 2** 10/6-10/29
- Session 3** 11/3-11/19 (abbreviated)
- Session 4** 12/1-12/17 (abbreviated)

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Head Strength & Conditioning Coach

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(No clinics Thanksgiving break)

<u>Tuesday</u>	<u>Thursday</u>	<u>Saturday</u>
High School 3pm Jr. High 4pm	High School 3pm Jr. High 4pm	High School 11am

<u>High School</u>			<u>Jr. High</u>		
	Member	Non-Member		Member	Non-Member
Daily	\$9	\$10	Daily	\$9	\$10
Session	\$65	\$70	Session	\$50	\$55