

THE NEIMAN SPORTS GROUP PRESENTS:



# **XPlosion SPEAQS SPEED!**



**SPEAQS: Speed, Power, Explosion, Agility, Quickness, Strength**

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## **LET YOUR PERFORMANCE SPEAQ FOR YOU!**

### Session I

October 5 through November 11

(6 weeks)

Monday-Wednesday 7pm-8pm

(12 sessions)

Ages 12-14

COST: \$180

Co-ed (male/Female)

### Session II

October 6 through November 12

(6 weeks)

Tuesday-Thursday 7pm-8pm

(12 sessions)

Ages 15-17

COST: \$180

Co-ed (male/Female)

FOR MORE INFORMATION AND REGISTRATION FORM VISIT:

[WWW.NEIMANSPORTSGROUP.COM/XPLOSIONSPORTS](http://WWW.NEIMANSPORTSGROUP.COM/XPLOSIONSPORTS)

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XPLOSION SPEAQS SPEED sessions will enhance the participant's ability to gain athleticism. Our trainers will see that each athlete who attends gains the needed core strength to blow the competition away. XPLODE into the most important part of today's athletes' training through physical demanding drills. The drills are guaranteed to improve an athletes: stride length & rate, speed endurance, extension, and running form. Come join XPLOSION SPEAQS clinics, we will show you how to demand the playing time you desire, through your performance. Spaces are limited to 20 participants per session.

REGISTER TODAY AT: [WWW.NEIMANSPORTSGROUP.COM/XPLOSIONSPORTS](http://WWW.NEIMANSPORTSGROUP.COM/XPLOSIONSPORTS)

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For information please contact **Chris Blount:**

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