

# ***SPEED & CONDITIONING NIGHTS AT HAROLD DAVIS FITNESS CENTER***

Hosted by Coach Scott Raines, Coach Kelly Raines and Coach Aida Esquer

**DATES**-Starting June 16, 2009 and Ending August 6, 2009 Every Tuesday and Thursday nights from 6:00PM to 7:00PM

**AGES**- 13 & UP

**COST**-\$80.00 for all 15 session or \$ 10 per session

**MAX #-** 15 people per session

**PAYMENT METHODS** – Cash or Check written out to Howard College bring on class day.

This is for all athletes Male and Female that want to get faster stronger and improve Sports performance. The camp focuses on several aspects of sports performance including: speed, balance, agility, quickness, reaction, core strength and other characteristics of performance. Our goal is to improve performance while decreasing the likelihood of injury. Prepare yourself to compete at a high level next season and build a strong foundation for years to come!

## **Howard College**

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