

# OFC 2017 SUMMER SPEED & AGILITY CAMPS

Help improve athletic performance, prevent injuries and promote longevity through sports-specific speed and power training

- **Speed and agility drills**  
(Improve your 40 yd dash times!)
- **Strength and Conditioning**



- **Plyometric training**  
(Increase your Vertical Jump!)
- **Flexibility and stability exercises**

## June 5<sup>th</sup>- July 27<sup>th</sup>

### Times at The EDGE:

(13816 Santa Fe Crossings Dr., Edmond, OK 73013)

OFC Athletes: M-Tu-Th 8:00-9:30 am

### Times at OCA (Athletic Center):

(1415 E. 9<sup>th</sup> St., Edmond, OK 73034)

OFC Athletes: M-Tu-Th 8:30-9:30 am

### OPEN TO ALL BOYS & GIRLS SPORTS

June or July (either month): \$150/Month + \$25 registration

Both June & July: \$225/Month + \$25 registration

Parents: Train while you wait! 8:30-9:30 am Adult Fitness (\$50/Mo. UNLIMITED!)

**<<< EARLY BIRD SPECIAL >>> Enroll before Monday, MAY 29<sup>th</sup>, 2017**

**...and waive the \$25 registration fee!!**



**Denny Bonewitz**

(Strength & Conditioning Coach)

UNIVERSITY OF NORTH TEXAS  
UNIVERSITY OF NEW MEXICO  
UNIVERSITY OF CALIFORNIA  
UNIVERSITY OF HOUSTON  
NIKE-SPARQ Certified

FREE Make-ups available with our

### Sport Performance Training (SPT) Group Classes

Choose times and frequency from our schedule

Age: 8-12 yrs. 5-6 pm M-Tu-W-Th / Sat. 10:30 am (10 yrs.+)

Age: 13+ yrs. 6-7:30 pm M-Tu-W-Th / Sat. 10:30 am

(Year-round group classes and Personal training available)

### Also available:

1-on-1's / Team Mates (2+ athletes) / 30-60 minutes (24/7)

Physio-Therapy / Chiropractic / Deep tissue massage

Adult Fitness Classes / Cage & Field rental

To register call (940) 391-3711 or go to our home page and scroll down to until you see this flyer:

# EdgeSportsFitness.com

