

Damascus Speed powered by Sarge Athletics

"A dream doesn't become a reality through magic; it takes sweat, determination and hard work" - Colin Powell

The Damascus summer SPEED & AGILITY clinic is being held Monday and Wednesday evenings at DAMASCUS HIGH SCHOOL STADIUM FIELD starting June 19th and ending July 26th.

The camp will be run by Sarge Athletics staff members as well as some of the Damascus High School Coaches. We also have drop in visits from NFL athletes or potential NFL athletes.



Co-Ed 2nd - 9th graders "grade in the fall of 2016" 7:00 - 8:00pm

Open to all athletes in the area regardless of program or school affiliation. **Girls and Boys** - All Sport Disciplines Benefit.

Speed/Agility/Quickness - separates average from good and great! Get in the game— **Remember Speed Kills!** If you are looking to improve your game in soccer, football, lacrosse, baseball, basketball, softball, track, volleyball, field hockey, etc... our clinic can help you improve your speed/quickness in all 4 planes of motion. Get in shape, stay in shape, and improve your motor skills and fundamental form.

Yes... we are the best value for your money of any summer camp or clinic offered in the area!

Where else can you **train all summer for only \$95.00** and actually benefit long term and improve your speed, agility, form and athleticism. This is not a camp just to keep your kids occupied a few days during the summer for a financial donation.

In the event of inclement weather we may cancel but make up the classes at Sarge Athletics at the end the summer!

*****Early Bird Special is \$75 if registered by Spring Break 4/7*****

Our goal is to improve every athlete's ability to move in all 4 planes of motion. Working on form, technique, muscle memory and of course getting a great workout to stay in shape during the summer and get a head start for fall sports activities. We emphasize Girls and Boys of any sport discipline or those who just want to get in shape and get better to participate.

To register go to: www.dsasports.org and look under Camps & Community News or contact the camp director at hornetclassic@live.com

Mission Statement

The Damascus Speed Clinic has been designed to promote correct running technique, improve agility movement, and develop a satisfactory level of conditioning for the fall. This goal is rather demanding physically, nevertheless; it is our feeling that by learning basic fundamentals of speed and movement, young athletes can reach their true full potential in their respective sports.

