

WWW.ACCESSACCELERATION.COM

SPEED CAMP!

"TRAIN FOR YOUR GAME!!!"

MIDDLE SCHOOL AND HIGH SCHOOL SPEED, AGILITY AND QUICKNESS CAMP

**Camp Dates:
6/27-8/25/11**

**Time:
5:00-6:00PM**

**Days: 2 or 4 days/wk
Mon Through Thu**

Access Acceleration is pleased to announce Speed, Agility and Quickness Training For Middle School and High School Athletes. These are one hour sessions designed to improve your overall athleticism and prevent injuries.

We guarantee to make you faster!!!!!!

Please also check out our ELITE TRAINING PROGRAMS that run 5 days per week for one and a half hours and also include instruction on explosive weight training for athletes!!

- Improve First-Step Quickness
- Run A Faster 40yd Time
- Increase Foot Speed
- Improve CORE Strength
- Plyometric Training
- Increase Your Vertical Jump
- Improve Dynamic Flexibility
- And Much More. . .!

Access Acceleration

Access Health Bldg
1 Hampton Rd, Ste 106
Exeter, NH 03833

Karen Kay
Sports Performance Director

Phone: 603-778-4890

E-mail:

KarenKay@accessacceleration.com
www.accessacceleration.com



Sports Enhancement Training

Access Acceleration Sports Enhancement Training



“TRAIN FOR YOUR GAME!!!”

**MIDDLE SCHOOL AND HIGH SCHOOL
SPEED, AGILITY AND QUICKNESS CAMP**

Name: _____ Date of Birth: _____
Address: _____
Email Address: _____
Phone: (Home) _____ (Cell) _____
Emergency Contact: _____ Phone: _____

Days: Mon/Wed or Tue/Thu Time: 5:00pm-6:00pm
Fee Options: 3wks = \$90.00 6wks = \$180.00 9wks = \$270.00

Days: Monday through Thursday Time: 5:00-6:00pm
Fee Options: 3wks = \$180.00 6wks = \$360.00 9wks = \$540.00

**PLEASE CIRCLE THE CORRECT OPTION AND ATTACH TO YOUR CHECK AND MAIL
OR PLEASE CALL ACCESS ACCELERATION AT 778-4890 TO USE A CREDIT CARD(MC OR VISA)**

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Karen Kay
Sports Performance Director

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2011 PAYMENT PACKAGE: 2 Payment Option

Only Available With Credit Card Payments

MASTERCARD OR VISA

2 Payment (June 15th, and July 15th)

Name on Card: _____

Credit Card #: _____

Expiration Date: _____

Signature: _____

*** Payments good toward summer sessions ONLY.**