

# WLL

## Speed and Quickness Training

*Powered by TrueAP*

*\*ALL SESSIONS HELD AT Purcellville Sports Pavilion\**



SESSIONS BEGIN MARCH 17, 2010 THROUGH MAY 27, 2010

### Ages 8 - 11

**Session Days and Times:**

**WED:** 3/17 – 5/26 (10 sessions)

6p – 7p

**OR...**

**Thu:** 3/18 – 5/27 (10 sessions)

6p – 7p

**ALL SESSIONS AT PSP**

### Ages 12-15

**Session Days and Times:**

**WED:** 3/17 – 5/26 (10 sessions)

7p – 8p

**OR...**

**Thu:** 3/18 – 5/27 (10 sessions)

7p – 8p

**ALL SESSIONS AT PSP**

Improve  
Performance  
/Prevent  
Injury

### Cost Options:

5 sessions	=	\$70/Athlete
10 sessions	=	\$130/Athlete
Drop in	=	\$15/Session/Athlete

### Possible Sessions:

WEDNESDAY: Mar. 17, 24 Apr. 7, 14, 21, 28:  
May. 5, 12, 19, 26

THURSDAY: Mar. 18, 25: Apr. 8, 15, 22, 29:  
May. 6, 13, 20, 27

### Registration:

[www.WesternLoudounLax.com](http://www.WesternLoudounLax.com)

Sessions are for Boys and Girls

About True Athlete Performance

703.996.3500

[www.TrueAP.com](http://www.TrueAP.com)