



**SPEED IS KING!** And for most athletes, speed isn't just about going fast in a straight line. Your game requires you to move side-to-side or backwards as quickly as you can sprint forward. Muscle strength, balance and proper technique are important for those movements.

The aim of this program is to fine tune your movements to build game-breaking speed. We will teach and practice technique drills that will enable you to sprint faster and far more efficiently.

The faster you can switch directions and accelerate, the quicker you'll be able to get in front of a driving opponent or get away from the defender. Training to decelerate and change directions is important for reducing the risk of knee and ankle injuries. Repeatedly performing these drills will reinforce sound fundamentals, so proper technique will come as second nature when you're in live game situations.

## 6 Week Speed and Agility Training Program:



\$100 (\$20 Drop in if space is available)

- 45 Minute group training
- Saturday Mornings at 10 am *and* 10:45 am
- Coed and all ages welcome
- Groups are determined based on age/ability
- Current collegiate athletes welcome
- Text or Call **973-309-5802** if interested

***Our Trainer:*** *Kate Martino will be running these Saturday morning sessions. She recently graduated from the College of the Holy Cross where she played lacrosse. She earned All-Patriot League Honors. Before Holy Cross, she attended the University of North Carolina where she was a member of the 2013 Division 1 Women's Lacrosse National Championship team. She played three sports at Summit High School earning 12 Varsity letters throughout the course of her career. She is passionate about fitness and athletic performance. The goal of this program is to improve every athletes mental toughness, as well as develop their conditioning and endurance. Come take your game to the next level!!*

**BEING CHALLENGED IN  
LIFE IS INEVITABLE,  
BEING DEFEATED IS  
OPTIONAL.**