

## HS PREP CAMP

Don't be left on the bench for the season - go into your HS tryout week prepared for "two-a-days"

Location: CHAC in Upper Dublin

Cost: \$100

Date: Aug 9-12 (mon - thur)

Time: 8:00am-11:00am

The training program has been designed to mirror and complement most HS tryout pre-season weeks

Program includes

- Fitness - Cooper test, beep test
- Speed and Agility work
- Ball work, individual and group
- Scrimmage - small sided and full field

Numbers are limited so to secure a place email [gsukcoach@yahoo.com](mailto:gsukcoach@yahoo.com)