



NEW

Youth Development: Speed and Agility

We are pleased to offer speed and agility training for the developing youth athlete.

Where:

MVP Sports Performance
14800 Starfire Way
Tukwilla, WA. 98188

When:

Monday's at 6:30pm-7:30pm

Cost:

\$15 per session (individual rate)

Ages 8-13

- Basic motor skill development.
- Balance and coordination.
- Strength and speed capacities.
- Agility and reaction training (quickness).
- Flexibility and mobility.
- Injury prevention and recovery.
- Introduction to the physical development and evaluation process.
- Training in the form of competitive games.
- Completion of challenges are equal to success.

**Consideration of physical maturation during programming and grouping of athletes.*