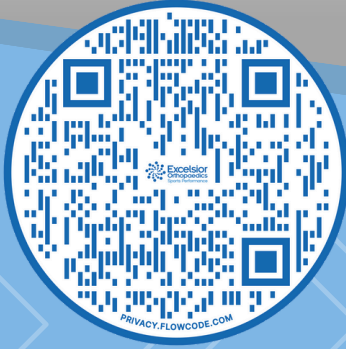


FEBRUARY SPECIAL EVENT! ***MID-WINTER FUNDAMENTALS***

» **AT FLASH FIELDS** «

Scan to
enroll online:



Mid-Winter Break Fundamentals Camp

Join our expert coaches, and brush up on your performance skills!

Our mid-winter break fundamentals camp allows athletes to pick and choose which skills they want to work on. Athletes may choose any or all of the sessions. Each session is 1 hour and 15 minutes and will focus on a specific area of training:

- Monday: Speed/Plyometrics
- Tuesday: Upper Body Strength
- Wednesday: Agility/Plyometrics
- Thursday: Lower Body Strength
- Friday: Recovery Techniques

*Be sure to select the dates you plan to attend prior to checking out.

- **WHEN:**
 - Feb. 17-21, 2025
 - 2:00pm-3:15pm
- **WHO:**
 - Middle school, high school, & collegiate athletes
 - Any sport
- **WHERE:**
 - Flash Fields, 6831 Seneca St., Elma, NY

Cost: \$125 for all five days

***1 class: \$30, 2 classes: \$55,
3 classes: \$80. 4 classes: \$105***