



16799 E. Lake Ave.  
Centennial, CO 80016  
303-269-8400

## YOUTH SPEED & CONDITIONING CLINIC (10-18 yrs)

Presented by:  
**The Trails Recreation**

This clinic provides speed techniques, plyometric training, agility training, and explosive pool training for youth 10-18 years of age. This program is run by a personal trainer/strength coach and an experienced speed, conditioning and agility coach. Your child will develop all the techniques and skills required to get to the next level of any sport by attending this dynamic clinic.

### YOUR COACHES

#### Chad Leland

Chad has a degree in Health and Exercise Science from CSU. He is a Certified Personal Trainer from the National Strength and Conditioning Association, and a Level 1 USA Track and Field Coach. Chad has 10 years of experience training young athletes. He is currently a physical education teacher and track coach for Denver Public Schools and a Personal Trainer with the Trails Recreation Center.

#### Kenny Wilson

Kenny is currently an Assistant Track Coach at Ponderosa High School and a Conditioning Coach for the Rugby team at the University of Denver. He also provides private coaching and officiates college basketball. Kenny also has many years of experience as a head track coach for several high schools as well as an assistant coach for cross country and basketball.

### M/W/F 5:00-6:00 pm

**\$96 District/\$137 Non-District**

Mar 1st—Mar 12th	Class #4426
Apr 5th-Apr 16th	Class #4427
May 3rd-May 14th	Class #4428
Jun 7th-Jun 18th	Class #4429
Jul 5th-Jul 16th	Class #44210
Aug 2nd-Aug 13th	Class #44211
Sep 13th-Sep 24th	Class #44212



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FOR MORE INFORMATION, PLEASE CALL 303-269-8409