

Making Athletes..

Stronger

FASTER

Quicker



G.R.I.T.

SPEED

Camp

The Host of the GRIT Speed Camp is Fitness Worlds own Tony Dixon. Tony is Certified in the International Sports Science Association, and specializes in Sports Specific Training. When Tony is not training clients, he also finds time to play for the Professional Indoor Football Team The Triangle Torch. Who wouldn't want to train with a professional athlete?

Contact Us

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Tony Dixon
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Ages 12-18 Yr

(12) 1 Hour Sessions

\$189.00

Take Off : April 18, 2017





For all youth athletes participating in sports such as...

- Soccer
- Basketball
- Baseball
- Football
- Track
- Lacrosse
- Hockey

Athletes will learn proper running techniques and improve...

- Speed Power
- Agility Explosiveness
- Strength Injury Prevention
- Flexibility

Who: This camp is for any youth athlete trying to increase his or her performance.

What: The GRIT Speed Camp is designed to teach athletes proper running techniques to improve their athletic performance in a span of 6 weeks. Workouts will include strength training, ladder drills, stretching, etc.

Where: The GRIT Speed Camp will be held @ Fitness World in Durham, NC. Located off NC Hwy 54 and Fayetteville Rd.

Cost: \$189 (6 weeks) 2 session per week

Register By : Thurs. April 13

When: These sessions will be held on Tuesdays and Thursdays at 4:15 pm, beginning April 18th, 2017.

Why: Athletes should learn proper running techniques to speed up the process of improving performance. Speed is required in almost every sport, so you can never have enough!

Registration Form:

First Name: _____

Last Name: _____

Age: _____

Grade: _____

School Name: _____

List Sports that you currently play:

Signature of Participant:

Parents Name: _____

Parents

Signature: _____

In consideration of use of Fitness World's Facility I accept full responsibility for my use of any and all appliances, apparatus, facility, privilege or service whatsoever, owned and operated by Fitness World at my own risk and shall hold Fitness World, it's shareholders, directors, officers, employees, representatives and agents harmless from any and all loss claim injury, damage or liability sustained or incurred by me resulting there from.

Please bring in payment in the amount of \$189.00 with the registration form. Can pay by credit card at Fitness World.