



Glendale Football

Speed & Agility Program

A program specifically designed to develop straight ahead speed and lateral agility to improve performance for the sport of football.

Special Offer

Start Date: June 15th

Deadline: May 22nd

ST. JOHN'S

Sports Medicine

HealthTracks



When: Monday & Wednesday

Time: 7:30 am to 8:30 am Group 1
8:30 am to 9:30 am Group 2

Duration: 6 weeks (12 visits \$7.50 per visit)

Cost: \$90 per athlete

Scholarship(s): Are available based on financial need along with Head Football Coach's recommendation.

Take Your Sport To The Next Level

4331 S. Fremont Ave
Springfield, MO
65804

Phone 417-820-5010

www.stjohns.com/sportsmed/healthtracks/default.aspx