



# 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](http://www.stjohns.com/sportsmed/healthtracks/default.aspx)**