

TWO-WEEK SPORTS SPEED CAMP



- Increased speed and agility
- Improved flexibility so you can run faster
- CORE stability for more efficient movement
- Fun teamwork drills and games!

Athletes that benefit: All sports

Danville (Afternoon Session)

WHERE: The Athenian School
Estakhri Family Sports Field
2100 Mt Diablo Scenic Blvd, Danville

WHEN: July 9th - July 20nd

TIME: 1:00 pm – 3:00 pm

COST: \$249 per 2-week session

Berkeley (Morning Session)

WHERE: Berkeley High School
Yellow Jacket Stadium
1980 Alston Way, Berkeley

WHEN: July 9th - July 20nd

TIME: 9:00 am-11:00 am

COST: \$249 per 2-week session

Registration is now live at <https://ucsfbcch.regfox.com/2018-summer-speed-camp>

For more information call: Ryan Sargent @ 925-979-3420