



FAIRVIEW HIGH SCHOOL FOOTBALL SPEED CAMP

Tommy will be providing exclusive training to Fairview high school football players starting on Wednesday January 9th.

Every Wednesday and Saturday

Wednesday 4:15- 5:30 & Saturday 9:00-10:15am

Pricing: 1 month \$200 (8 sessions)

2 months \$360 (16 sessions- price when paid in full)

Registration will be due by January 5th - to register contact Tommy at tommy@s2strength.com or via phone 303-859-9750.

Location: Strength 2 Strength Performance 9975 Wadsworth Blvd, Unit M2-A,

Broomfield CO 80021

His program will incorporate:

-First step acceleration -Top end speed -Change of Direction -Deceleration -Plyometrics