

EXPLOSIVE SPEED



TRAINING



**IMPROVE YOUR OVERALL SPEED & ATHLETISM
BE IN SHAPE FOR THE FOOTBALL SEASON
GET AN EDGE OVER THE COMPETITION
EARN THE POSITION YOU WANT TO PLAY
BE THE BEST ATHLETE YOU CAN BE
EVERY ATHLETE WILL RECEIVE T-SHIRT**

TIMES & DATES

7:00 TO 8:30 A.M.

WILL MEET TUES, WED, & THURS

SESSION ONE: MAY 27TH THRU JUNE 12TH

SESSION TWO: JUNE 30TH THRU JULY 17TH

LOCATION

WILL MEET IN THE WESTWOOD HIGH SCHOOL PARKING LOT

ATHLETIC FITNESS STAFF:

ALEX PAVLENKO

2006 STATE CHAMPION POP WARNER COACH

2007 ACYFL NATIONAL FOOTBALL CHAMPIONS

SUNKIDS WRESTLING COACH/ 8X TEAM STATE CHAMPIONSHIPS

MARCOS DE NIZA WRESTLING COACH

26 YEARS COACHING EXPERIENCE

PHYSICAL EDUCATION TEACHER

ALEX PAVLENKO II

HIGH SCHOOL NATIONAL WRESTLING CHAMPION

ARIZONA STATE WRESTLER

BA EXERCISE & WELLNESS

FEE

\$80 PER EACH SESSION

FOR INFORMATION

CALL ALEX or RONDA #480-835-9497

#480-529-9497 OR #480-518-1792

AZSUNKIDS@COX.NET