

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. (NO CAMP JULY 4TH)
WILL MEET TUES, WED, & THURS
SESSION ONE: JUNE 2 THRU JUNE 18TH
SESSION TWO: JUNE 30TH THRU JULY 16TH

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
27 YEARS COACHING EXPERIENCE
PHYSICAL EDUCATION TEACHER

ALEX PAVLENKO II

HIGH SCHOOL NATIONAL WRESTLING CHAMPION
ARIZONA STATE UNIVERSITY WRESTLER
BA EXERCISE & WELLNESS

******REGISTER ON LINE AT AZATHLETICFITNESS.COM******

FEE

\$80 PER EACH SESSION
SEND CHECKS TO:
PO BOX 4734 MESA, AZ 85211
MAKE CHECKS TO: ATHLETIC FITNESS

FOR INFORMATION

CALL ALEX or RONDA #480-835-9497
#480-529-9497 OR #480-518-1792
AZSUNKIDS@COX.NET
AZATHLETICFITNESS.COM