

# SPEED & AGILITY CONDITIONING CAMPS

## FOCUS

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  
BE PREPARED FOR THE BIG TOURNAMENT

\*\*\*EVERY ATHLETE WILL RECEIVE T-SHIRT\*\*\*

## TIMES & DATES

7:00 TO 8:15 A.M.

WILL MEET TUES, WED, & THURS

SESSION ONE: JUNE 8 THRU JUNE 24<sup>TH</sup>

SESSION TWO: JUNE 29<sup>TH</sup> THRU JULY 15<sup>TH</sup>

## LOCATION

WILL MEET IN THE WESTWOOD HIGH SCHOOL PARKING LOT  
(POSSIBLE TEMPE HIGH SCHOOL LOCATION, IF ENOUGH INTEREST)

## 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  
28 YEARS COACHING EXPERIENCE  
PHYSICAL EDUCATION TEACHER  
BA IN PHYSICAL EDUCATION  
CERTIFIED YOUTH PERSONAL TRAINER

### ALEX PAVLENKO II

HIGH SCHOOL NATIONAL WRESTLING CHAMPION  
ARIZONA STATE UNIVERSITY WRESTLER  
BA EXERCISE & WELLNESS  
TEMPE HS HEAD WRESTLING COACH  
PHYSICAL EDUCATION TEACHER  
PERSONAL TRAINER

\*\*\*REGISTER ON LINE AT [AZATHLETICFITNESS.COM](http://AZATHLETICFITNESS.COM)\*\*\*

\*\*\*REGISTRATION FORM ON THE BACK OF THIS PAGE\*\*\*

### FEE FOR

\$85 PER EACH SESSION

SEND CHECKS TO:

PO BOX 4734 MESA, AZ 85211

MAKE CHECKS TO: ATHLETIC FITNESS

### INFORMATION

CALL ALEX or RONDA #480-835-9497

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

[AZSUNKIDS@COX.NET](mailto:AZSUNKIDS@COX.NET)

[AZATHLETICFITNESS.COM](http://AZATHLETICFITNESS.COM)

