



◆ Professionals ◆ Collegiates ◆ Amateurs ◆ Juniors
 Run Faster • Move Quicker • Jump Higher • Be Stronger

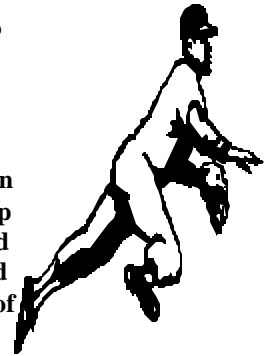
Speed In Sports is a unique sports performance institute focused on speed and movement training enhancing all areas of athletic performance. You will learn to train like the Pros and improve your speed and athletic performance.

Speed In Sports' summer camps are for athletes of all types of sports who want to significantly improve their athletic performance. Athletes will be taught how to perform the drills and techniques that will greatly improve each area of their athletic performance.



Speed In Sports has trained athletes from virtually every major professional sport to collegiate, high school and amateur athletes. The program offers the cutting edge of athletic performance enhancement and most efficient methodology, along with an emphasis on injury prevention and regeneration.

Speed in Sports wants you to experience what it takes to be a good athlete and how to train and take care of your body so you stay healthy and prevent injury. You will leave our camp knowing the proper technique for sprinting, as well as how to stretch and maintain good health, but our main objective is that when you leave you feel good about yourself and believe you can accomplish the goals you set for yourself. So come out and take advantage of the low cost and receive training unavailable anywhere else.



Training location: **La Jolla High School Football Field**

Training fee: \$120 for two-week camp (two times offered)

Training times: (June 21st – July 2nd) & (July 12th – July 23rd)
 Monday thru Friday 12 p.m. – 1 p.m. or 2 p.m. – 3 p.m.

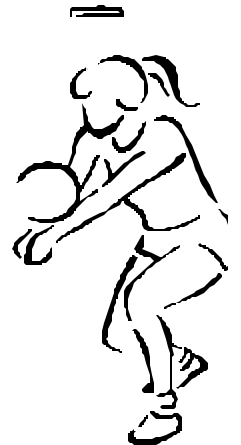
Speed trainer: Paul Turner

Directions

From the South: Interstate 5 north to La Jolla Parkway, which becomes Torrey Pines Road. At the dead end turn left onto Girard Avenue, go for half a block, then turn right on Pearl Street. Turn left on Fay Avenue. In about 4 blocks, you will see the field on your right.

From the North: Interstate 5 south to right (west) on La Jolla Village Drive. Turn left on Torrey Pines Road. At the dead end turn left onto Girard Avenue, go for half a block, then turn right on Pearl Street. Turn left on Fay Avenue. In about 4 blocks, you will see the field on your right.

From the East: Highway 52 west to La Jolla Parkway, which becomes Torrey Pines Road. At the dead end turn left onto Girard Avenue, go for half a block, then turn right on Pearl Street. Turn left on Fay Avenue. In about 4 blocks, you will see the field on your right.



To register call (858) 490-9191
 For more information visit www.speedinsports.com