

# SST SPEED DAYS

## GET GAME READY

### EVERY SATURDAY @ 11AM!!

- ✓ **POWER** Development
- ✓ **ACCELERATION** Training
- ✓ **Change of Direction**
- ✓ **INCREASE** First Step

**OPEN TO  
ALL ATHLETES  
AGES 12+  
ALL SPORTS**



**STARTS NOVEMBER 10<sup>TH</sup>**

**Register now to secure your spot  
TODAY!!\***

\* Prices add HST. Space limited to ensure our athletes receive proper