

+

Fundamentals of Speed And Agility Clinic



+

When: June 9, 12, 14

Where: St. Charles Robert D. Walter
West Campus

Who: 5th-8th Graders

Time: 12:00pm-2pm

Amount: \$50

Registration: Email Coach Lopresti at:

<https://goo.gl/forms/TyenRp07DfejJnui2>

- + • Learn Skills that apply to any Sport
- Receive 6 hours of Professional Instruction
- Learn the Fundamentals and application of Speed and Agility
- Participate in a Combine
- Have Fun

+ Registration and Instructor Information

The Instructor

Coach Lopresti is a NSCA Certified Strength Coach who holds a Masters in Exercise Physiology. Coach Lopresti has served as a strength and speed coach for Thomas Worthington, Ohio University, University of South Florida, and the Pittsburg Pirates Organization. He has trained Athletes at all levels and acts as a consultant to various athletes and sports programs in the Columbus area. Coach Lopresti is currently the Strength Coach and Biology teacher at St. Charles Preparatory School.

Registration Process

1. Email Coach Lopresti the following information: Name, Address, Email, Grade, and Shirt Size or use the link
2. Bring Athlete, Running shoes, Cleats, Water, and Payment to West Campus at 11:30am on June 9
3. Sign a waiver
4. Leave your athlete
5. Pick your athlete up a 2:00

If you have any questions please contact Coach Lopresti at: tloprest@cdeducation.org

Registration Link <https://goo.gl/forms/OvGtnRxHwQq1qeCv1>