



SWIFT Sessions

SAQ Camp

SPEED • AGILITY • QUICKNESS

JUNE 3, 2011

Registration at 8am. Camp Activities from 9am - 11:30am

**SWEENEY HIGH SCHOOL
@ BULLDOGS STADIUM • 1310 N. ELM ST. • SWEENEY, TX 77480**

You will learn:

- Dynamic warm ups used by professional athletes to prepare the body for top performance.
- Proper running form for max acceleration and speed.
- Dozens of drills to increase starting speed and acceleration.
- Secrets to improve your multi-directional speed and agility.

Cost for SAQ Camp: \$35 per Athlete

Household Discount:

\$35 for 1st Athlete.

\$25 for 2nd Athlete.

\$15 for each remaining athlete

**** Note** Separate registration forms must be filled out for each athlete**

Call 713.510.FAST (3278) and Visit www.swiftsessions.com for more information.



Hosted by

Kevin Garrett, Former NFL Player

Kevin Garrett is a Certified Speed and Agility Trainer with the Agility Training Institute, and is also a Certified Personal Trainer.

He spent three seasons in the NFL with the St. Louis Rams, Houston Texans, and Carolina Panthers.

Special Guests include Former NFL Players:

Chris "Comet" Cunningham

Tracy Simien

**& Daryl Humphrey Jr. of Washburn University
and many more!**

**Mail Registration &/or Payments (cash, checks, or debit/credit card) to:
Attn. SWIFT SESSIONS
P.O. Box 2001
Brazoria, TX, 77422**

