# 

# Athletic Development training for ALL students

Sessions are open to **ALL** students who would like to improve athletically in the areas of:

* **Speed**
* **Power**
* **Agility**
* **Mobility**
* **Endurance**

Session outlines:

|  |  |  |
| --- | --- | --- |
| **DAY** | **WHERE** | **FOCUS** |
| **MONDAY 3.45-5PM** | **NO. 1** | **Mobility, Speed & power** |
| **THURSDAY 3.45-5PM** | **TARBAN CREEK** | **Endurance & Speed** |
| **FRIDAY 3.45-5PM** | **LOWER PARK** | **Agility** |

If you have any questions, please contact Mr Rollo via email