

Date: December 27th 1-4 pm Stratford soccer complex

1 session

Cost \$40

Target athletes: age 13-18+

The camp is limited to 25 athletes

Athletes that want to improve their speed (acceleration and velocity), reaction, quickness and power are encouraged to attend the Jared Connaughton Speed Clinic. PEI's two time Olympian, Jared Connaughton will implement the same training drills and programming that he used to develop into one of Canada's fastest men and a consistent international performer in the 100 m and 200 m,

The speed clinic will be interactive, fun, challenging and athletically rewarding.

The cost of the camp is \$40 for athletes aged 13 and over.

A special session for athletes under the age of 13 is scheduled for 3:15 – 4 pm

Directions to the Norton Diamond Indoor Soccer Facility

<https://goo.gl/maps/xbuFpKdKu6C2>