

CLAYFIELD COLLEGE

SPEED & AGILITY

Games-based athletics coaching on their own school grounds. Kids get faster, sharper and more confident, every one at their own pace.

FOUR PILLARS, EVERY SESSION

01 Acceleration

Explosive starts and sprint mechanics, so they reach top speed sooner and hold it longer.

03 Change of Direction

Reaction time, footwork and turning hard without losing pace.

02 Plyometrics

Jump training for power and reactivity. More spring, fewer injuries.

04 Balance & Coordination

Stability and control, so they move with precision and stay upright.

THE PROGRAM

WHEN	Thursdays 3:15-4:15pm · 8 weeks from Thu 8 October
WHERE	On the Clayfield College grounds. No extra drop-off or pick-up.
PRICE	\$195 for the term
TRIAL	Free trial available, just ask
INCLUDED	Blue Card checked coaches · All abilities · All equipment

BOOK NOW

CONTACT@CONTACT.VORTEXATHLETICS.COM.AU



SCAN TO BOOK