



# THE WAY





## SPORT SPEED HOLIDAY CLINIC

Thursday 4 July and Monday 8 July

Thomas Hassall Anglican College is excited to host the **Academy of Sport Speed Australia (ASSA)** Clinic during the July School holidays.

### ***Learn the Skill of Multidirectional Speed***

- Create First Step Explosiveness
- Build Postural Strength for Speed
- Be Energy Efficient in your Game
- Reduce Injury Risk

*Running over two days, students can attend one or both days of the clinic.*

**Days: Thursday 4 July 2019 and Monday 8 July 2019**

**Time:** 10.00am - 12.00pm

**Venue:** Thomas Hassall Anglican College (indoor PECS used in wet weather)

**Cost:** \$55 per day

**Ages:** 12 years and over (Athletes under 12 can apply, subject to approval by ASSA)

More details are on the flyer below

 [Assa promotional flyer.pdf](#)

or visit the website: <https://academyofsportspeed.com/upcoming-courses-workshops/>

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