



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/>
