

HOLIDAY CLINIC

LEARN THE SKILL OF MULTIDIRECTIONAL SPEED

ASSA and Thomas Hassall Anglican College are proud to present a very special holiday speed players clinic.

**Thursday 4 July or
Monday 8 July 2019**

Time: 10am - 12pm

Venue: Thomas Hassall Anglican College

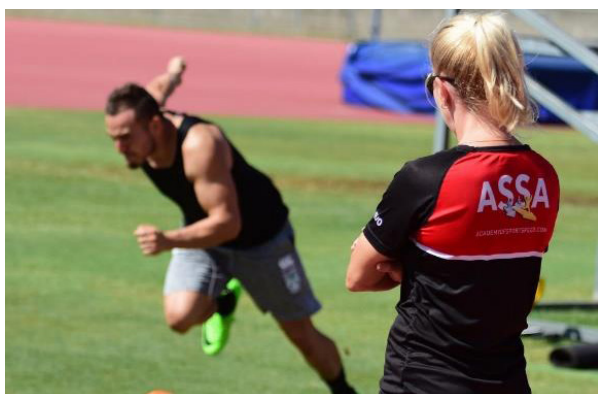
Cost: \$55

Ages: 12 years and over.

Athletes under 12 can apply, subject to approval by ASSA.



To book: academyofsportspeed.com/upcoming-courses-workshops



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

ASSA
ACADEMY OF SPORT SPEED
AUSTRALIA

Hosted by ASSA Head Coach Ranell Hobson, your son or daughter will be introduced to the skills and drills used by elite players to generate first step explosive speed and change of direction, develop holistic athleticism, minimise risk of injury and increase efficiency of running.

Ranell has consulted to AFL, NRL, A-League, Super15 and Netball Premier League franchises in Australia as well as European Football clubs and Youth Academies and is internationally acknowledged as an 'expert in speed and youth athletic development'.



125 Kingsford Smith Ave, Middleton Grange NSW 2171

T + 61 2 9608 0033 E admin@thac.nsw.edu.au W thac.nsw.edu.au

A school within The Anglican Schools Corporation