



## **VELOCITY TRAINING SESSIONS**

**WHAT:** VELOCITY IS THE PATENTED PROGRAM DESIGNED TO STRENGTHEN THE ATHLETE'S ARM AND INCREASE THEIR VELOCITY.

**WHEN:** Testing and signups will start October 1 and run through the 28<sup>th</sup>. Please make sure to call 267.1881 to sign up your athlete.

Sessions will start October 31 and will run through February 15<sup>th</sup>. We will have two sessions Monday-Friday, first session will be 5:00-6:00 and second one from 8:00-9:00. We will have one session on Saturdays from 11:00-12:00. Athletes will need to pick 3 days per week, Mon, Wed, Friday or Tue, Thurs, Saturday. Each session will include 12 athletes.

**HOW MUCH:** \$50 PER WEEK (3 sessions)

**CONTACT LEGENDS TODAY IF INTERESTED!**

502-267-1881

[info@legends502.com](mailto:info@legends502.com)