



# NEW!

## FOR 5TH-8TH GRADERS

Guerin Catholic

# BOYS & GIRLS STRENGTH & SPEED CLINIC

## MONDAYS

### February 17, February 24

### March 2, March 9

### 7-8 pm

### Cost: \$10 per session or \$30 for all 4

Coach Jaime Waymouth, Certified Strength and Conditioning Head Coach, will lead athletes in preparation for any sport and physical endurance. This camp will work on speed development and agility. Along with speed and agility, each training session will help to improve an athlete in areas of strength, acceleration and flexibility. Athletes will assess progress through weekly video, laser time drills. A final reevaluation of progress will be given at the end of camp.



Coach Jaime Waymouth is a Registered Strength and Conditioning Coach with Distinction (RSCC\*D) with National Strength and Conditioning Association and a member of the NHSSCA.

For more information, please contact Coach Waymouth at [jwaymouth@guerincatholic.org](mailto:jwaymouth@guerincatholic.org), or 317.582.0120.

### Register at [GuerinCatholic.org](http://GuerinCatholic.org)



15300 Gray Road, Noblesville, IN 46062 | (317) 582-0120 | [GuerinCatholic.org](http://GuerinCatholic.org)

Guerin Catholic High School – A diocesan high school serving the Diocese of Lafayette-in-Indiana