



Pickett's Mill Elementary SPRING 2024

\$150/Session, \$275 for Both

Grades 2nd – 5th (25 Max/session)

With Marcia Cutts

Certified Speed & Agility Instructor

Registration Opens January 1st

STARTS MARCH 11TH

Session 1: Monday (Except Early Release/Breaks)

3/11, 3/18, 3/25, 4/15. 4/22, 4/29, 5/6, 5/13

Session 2: Wednesday (Except Early Release/Breaks)

3/13, 3/20, 3/27, 4/10, 4/17, 4/24, 5/1, 5/8

2:10pm – 3:30pm

****All students who join a club are required to register for ASP (non-refundable \$20.00 fee) ****

Proper running mechanics is the foundation for all sports. Before you can learn speed and agility, you need to learn mobility. We will focus on learning how to move our body through drills, running and stretching, utilizing speed ladders, mini hurdles, and the greatest piece of equipment there is "Our Body".

Speed, Sprints & Agility: This program will teach proper sprint mechanics for all kids interested in increasing their overall fitness level, agility and SPEED!

Jumping & Bounding: This program will teach proper jumping, bounding and landing. This will help increase overall strength and agility.

Yoga & Pilates: Will help increase flexibility and dexterity.

Items Needed: Good Running Shoes, Water and a Great attitude!

- *No Crocs, Vans or Converse can be worn to workout.*

All classes are instructed by Marcia Cutts, Head Track & Field coach for the Allatoona Jr. Bucs, certified mobility, speed and agility instructor. Over 10 years in coaching experience and Division 1 Collegiate athlete/

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