

2ND - 5TH
GRADE

MAXOUT

★ FOCUS. GROW. MAX OUT! ★

PICKETT'S MILL ELEMENTARY

SPEED & AGILITY CLUB

ALL STUDENT WHO JOIN A CLUB ARE REQUIRED TO REGISTER FOR ASP

WEDNESDAY

FALL 2026

8/26, 9/2, 9/9, 9/16,
9/30, 10/7, 10/21, 10/28,
11/4, 11/11

FREE T-SHIRT
ONE PER
SCHOOL YEAR

10
WEEKS



Speed, Sprints & Agility: We will focus on proper form, posture, change of direction, acceleration, deceleration, footwork, power and posture correction.

Jumping & Bounding: This program will teach proper jumping, bounding and landing.

Yoga, & Pilates: Will help increase flexibility, mobility and dexterity.

This 10 Week Program will help increase overall strength and agility.

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



FOCUS



GROW



MAX OUT!

BUILDING CHAMPIONS ON AND OFF THE TRACK