

SPEED SCHOOL

Ethan Whaley will again be offering a Speed and Agility Clinic for Jr. high and Sr. high school athletes (boys and girls) that will help prepare them to accelerate their physical abilities by improving quickness, speed, and explosiveness.

Indiana Wesleyan University Assistant Men's Basketball Coach, Ethan Whaley, who has over 8 years of coaching at the high school and college level, will be overseeing the development of all the athletes at **Speed School**. A major part of his role with the Men's team at IWU is the speed and strength enhancement of the players.

Speed School will train athletes in a multitude of areas. Below are some of the main focuses of this camp:

- 1st step explosiveness
- Linear and lateral quickness
- Improved Reaction Time
- Injury Prevention
- Acceleration Speed Techniques
- Vertical explosiveness

Speed School will be held every **Tuesday** and **Thursday** beginning **May 1 through June 26** from **7:00-8:00 PM**. Speed School will be held on the campus of **Indiana Wesleyan University in the Recreation and Wellness Center** and will continue to be held there through the month of June.

Speed School Packages

May-9 sessions: \$135

Individual Session: \$18

June-8 sessions: \$120

May-June Package: \$205

For more information or to reserve a spot, please contact: Ethan Whaley (765) 418-7467 ethan.whaley@indwes.edu

Name _____

Package _____

Parent/Guardian _____

School _____

Sport(s) _____

Referred by (Coach's name): _____

Date of Birth ____/____/____

Age _____

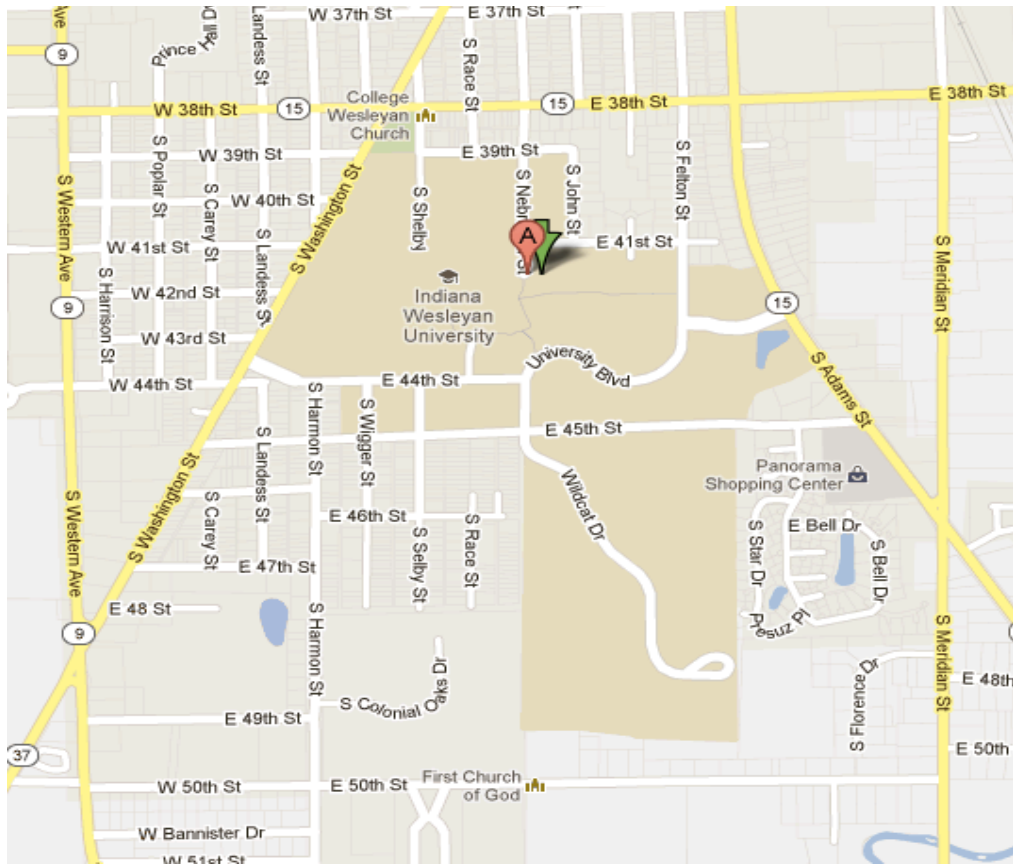
Grade Entering _____

Address _____

City _____

State _____

Zip _____



Indiana Wesleyan University Recreation and Wellness Center

4201 South Washington Street

Marion, IN, 46953

****Drive to the end of the cul-de-sac on Nebraska St****