

River Ridge Knights

Speed & Agility Camp 2022

Who: Boys & Girls – Middle School & Elementary School Ages
5 Weeks – 2 Days a week; Monday & Wednesday 3:00 pm – 4:30 pm

Dates – June 6th – July 6th (No Camp July 4th)

Location – River Ridge Gym

Cost: \$125.00

Training will be in the gym & outside on the track

Bring water bottle – towel

Wear athletic clothes and shoes

Trainer- Coach Koos: River Ridge Middle School

*Improve your Speed, Strength, Agility & Quickness with
Summer Speed & Agility Camp*

*We use the latest drills & techniques for speed, resistance
Over speed techniques and sprint mechanics*

Football Coach – Basketball Coach - Track & Field Coach
Over 20 years of coaching and speed training experience

Students Name: _____ Grade: _____ Parent/Guardian: _____

Parent/Guardian Cell # _____ Email: _____

Students T-Shirt Size **Youth or Adult: Small – Medium – Large – XLarge – XXLarge**

Contact information: Coach Koos

Email: jkoos@pasco.k12.fl.us Text/Call: (727) 859-7372

Return bottom portion to Coach Koos or front office RRMS;

Checks or cash payable to River Ridge Middle School