



YOUTH SPEED & AGILITY PROGRAM

This 6 session program is designed to introduce youth athletes to the necessary skills needed to be better athletes. The program is designed to develop their awareness in spaces, running mechanics, and motor skills related to being an athlete.

Cost: \$150 for ALL Sessions



YOUTH SPEED & AGILITY TRAINING

Contact: Michael Spahits with any questions!

Phone: (267) 421-3482

My Email: mspahits@gmail.com

Where: Friendship Park

200 Enclave Blvd, North Wales, PA, 19454

Ages: 8-14

Date/Time: Saturdays at 9:00 AM - 10:00 AM

Week 1: September 12th

Week 2: September 19th

Week 3: September 26th

Week 4: October 3rd

Week 5: October 10th

Week 6: October 17th

About Me:

Hi! My name is Michael Spahits. I am a strength and conditioning coach for the North Penn football team and own Spahits Fitness LLC. I have worked with several organizations, high schools, local, travel, and AAU teams, as well as individual athletes and groups ranging from ages 6 years old up to the collegiate level focusing on developing their strength and speed. This year will be my 16th year working in the strength and conditioning field.