



Frederick Co. Elite Football & Lacrosse Speed Training Program

Dates: January – March *(Start any time!)*

Where: Frederick Indoor Sports Center
1845 Brookfield Court
Frederick, MD

Cost: 8 Session Package – Only \$75!

Session Days and Times:
Tuesdays/Thursdays: 3-4pm
Wednesdays/Fridays: 3-4pm

REGISTER NOW TO
RESERVE YOUR
SPOT!

Registration:

1. Contact Matt Diener: 440-465-3584 or mdiener@trueap.com
2. Contact Josh Daniels: 301-992-7953 or jdaniels@trueap.com
3. Download form <http://www.trueap.com/true-athlete-registration.html> and bring to your first session!



703.996.3500

www.TrueAP.com