



**Velocity**  
Sports Performance™



**BELIEF**



**Why Do *You* Train?™**

**TWO DAY MINI SPEED CAMP**

**BASEBALL / SOFTBALL**

**AGES 6 - 9**

**AGES 10 - 14**



**Increase your speed from base to base or track down a fly ball**

**Develop rotational power to hit the long ball**

**Gain agility for better range of motion**

**Reduce injury by developing Flexibility, Stability, and proper Movement Techniques**

**Location: Bakersfield Park**

**Date: November 23 and 24th**

**Time: 11:00-12:30pm**

**Cost: \$50**

**Register Form Available At:**

**[http://www.velocitysp.com/coppell/fmysa\\_mini\\_camp](http://www.velocitysp.com/coppell/fmysa_mini_camp)**

**To register or for questions contact:**

**Holly Peters**

**[hpeters@velocitysp.com](mailto:hpeters@velocitysp.com)**

**469-293-4340**