

# ❖ LONG TERM COACHING DEVELOPMENT ❖

PACIFIC ASSOCIATION COACHES CLNIC

## SPEED DEVELOPMENT

STARTING FEB 22, 2014

FROM 11AM -2PM



- SPEED DEVELOPMENT
- BLOCK STARTS
- ACCELERATION
- MAX VELOCITY
- PERFORMANCE DRILLS

LOCATION:  
**LOGAN HIGH SCHOOL 1800 H STREET, UNION CITY, CA**