



# METUCHEN SPEED & AGILITY PROGRAM



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GROUP NAME:  
"Metuchen Track Camp"

**FALL 2022**

## For whom is this camp intended?

- This 6-week camp is intended for children in grades **3 - 9** who possess a **serious interest** in taking their **speed and agility to the next level**.
- Athletes will be expected to tend to and carry out **\*60\* minutes** of **intense focus** during a **rigorous speed and agility training program**.

## What to expect from the program?

- Athletes will receive instruction within **age and ability-level groups**.
  - The program will focus on athletic movements that train **speed, power, agility, balance, reaction time, and coordination** that aid in **injury prevention**.
  - Athletes will **focus on form** to understand how a **proper, callisthenic warm-up** can lead to injury prevention, as well as better, more **explosive movements in linear and lateral directions**.
- Athletes will **form bonds** by engaging in partner-training exercises, as well as team vs. team **challenges** and **competitions**.



## What kind of equipment will we be using?

- Athletes will utilize the **following items** for speed and agility training:  
**Parachutes, Agility Ladders, Agility Hurdles, Resistance Bands, Jump Ropes, Cones, Hoops, and more!**



## Location, Dates, Time, Cost:

**Location:** [Myrtle Field](#) @ 150 Myrtle Ave, Metuchen

**Dates:** 6 consecutive Mondays.

Begins Monday, Sept. 26 through Oct. 31.

**\*\*Oct 31 subject to change due to Halloween\*\***

**Time:** 4:30pm – 5:30pm

**Price:** \$125. Includes **\*newly-designed\*** shirt.