

CB3 Sports Performance at the Inland Sports Center is proud to present the 2012 Spring Football SPARQ Training Clinic. This program will cover aspects of athletic development, including Speed, Power, Agility, Reaction, and Quickness. This course is designed for all age football players who want to improve their overall speed and athletic ability. Program highlights include:

- Program designed by Certified Strength and Conditioning Coach, Nike SPARQ Authorized Trainer
- Nike SPARQ Training components , these include:
 - * Speed, Power, Agility, Reaction, Quickness and more
- Form and technique instruction to maximize efficiency of movement
- Dynamic mobility patterns incorporated into training program
- Regeneration and recovery strategies post work out

Program Details:

When: Now until May 4, 2012

HS Age: Mon-Wed-Fri Nights

7pm to 8pm or 8pm to 9pm

Cost: HS: \$75/month

* Middle and Elementary school aged

* T-TH Nights: 4-5 pm

* Cost: \$60/month

Where: Inland Sports Center

8580 Milliken Ave.

Rancho Cucamonga, CA 91730

Payments can be made at the Inland Sports Center. Players can register on-line at www.cb3sportsperformance.com

Make Checks Payable To:

CB3 Sports Performance

8580 Milliken Ave

Rancho Cucamonga, CA 91730

Phone: 909.367.3009



SPORTS PERFORMANCE
At the Inland Sports Center