



# Speed and Agility in the Sand

## Pulse Summer Series

**WHAT:** Foot work, core training, speed work, plyometrics **IN THE SAND!!**

**WHO:** Open to **ALL 11-17 year old** athletes looking to improve on the above skills

**WHERE:** Wyandotte sand courts; located next to the Wyandotte Golf Course

**WHEN:** Every Wednesday starting **June 20, 2018** through **August 1, 2018** (Except July 4, 2018) 1-2pm

**COST:** \$55 per athlete for all six sessions; Registration is **REQUIRED!!** Deadline for registration is **June 17, 2018**; You can pay online!

**CONTACT:** Anna Napolitano at (734) 258-8705 or email

**pulsepvc2017@gmail.com** OR check out **www.pulsesportsclub.com** to learn more!