



SPOTSWOOD'S SPEED CLINIC

\$100
A DAY

DEC 22 - DEC 23

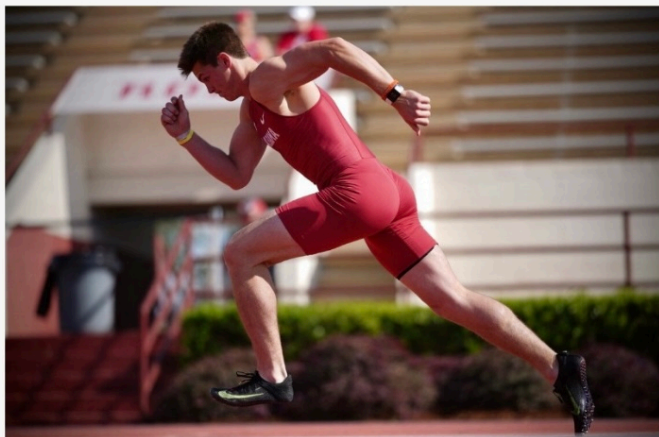
9:30 AM - 12:00 PM (CHECK-IN AT 9:00)

\$180
BOTH DAYS

JACOB SPOTSWOOD



- UNIVERSITY OF ALABAMA & VIRGINIA TECH ATHLETE
- DIVISION I NCAA ALL-AMERICAN, ALL-SEC MULTI-EVENT ATHLETE
- UNIVERSITY OF ALABAMA SCHOOL RECORD HOLDER
 - COSIDA ACADEMIC ALL-AMERICAN
 - SEC POINTS SCORER IN TWO EVENTS
- YEARS OF KNOWLEDGE FROM NUMEROUS COACHES, COUNTLESS HOURS OF FILM STUDY, AND EXPERIENCE AT THE HIGHEST LEVEL
- HIGH SCHOOL: 4X STATE CHAMPION, FORMER STATE RECORD HOLDER, FORMER MCGILL-TOOLEN RECORD HOLDER



WHO SHOULD ATTEND?
GRADES 7-12

DAY 1

ATHLETES IN TRACK & FIELD, FOOTBALL, BASKETBALL, BASEBALL, SOFTBALL, SOCCER, LACROSSE, VOLLEYBALL, TENNIS, ETC. ATHLETES LOOKING TO IMPROVE SPEED, EXPLOSIVENESS, AGILITY

- INFORMATION ON MINDSET, SUCCESS, RECRUITING PROCESS, AND Q&A
 - LEARN SPRINT AND JUMPS DRILLS
 - IMPROVE SPRINT MECHANICS AND JUMP MECHANICS
 - IMPROVE ACCELERATIONS
 - CLOSE OUT WITH SOME FRIENDLY COMPETITION

DAY 2

ATHLETES INTERESTED IN TRACK & FIELD ATHLETES WISHING TO TECHNICALLY IMPROVE IN TRACK & FIELD

- INFORMATION ON MINDSET, SUCCESS, RECRUITING PROCESS, AND Q&A
 - INTRODUCTION TO THE TRACK & FIELD EVENTS
 - TECHNICAL COACHING FOR SPECIFIC EVENTS
 - MORE FRIENDLY COMPETITION

TO REGISTER EMAIL SPOTSWOODSPEEDCLINIC@GMAIL.COM WITH NAME, EXPERIENCE LEVEL, PHONE NUMBER, WHICH DAYS YOU WISH TO ATTEND, T-SHIRT SIZE

**MCGILL-TOOLEN CATHOLIC
HIGH SCHOOL
1501 OLD SHELL RD. MOBILE, AL**