



**U-TURN**

**STRENGTH**

**INSTRUCTOR**

**STRENGTH & CONDITIONING PERFORMANCE SPECIALIST**

**Nathan Hackney**  
804.358.2775 ext. 31  
nhackney@u-turn.org

- BS Exercise Science
- MA Physical Education (exercise & fitness)
- NC Wesleyan College
- Former UNC Pembroke

- Education
- Coach
- Student athlete

**CAMPS INCLUDE**

- **U-TURN** staff/trainers

# U-TURN Strength & Conditioning

## Winter Camp 2011-2012

### Speed School

Speed School is an intense speed, agility, and conditioning program designed to have you in peak shape before your upcoming Spring sports so you **DOMINATE**, not just **SURVIVE**. Our coaching staff will challenge you, our drills will push you, and our camp will make you a better athlete. Being an explosive, agile, and well-conditioned athlete is the key to being successful in sports.

What are **YOU** doing to prepare **YOURSELF**?

#### FOCAL POINTS:

- Athletes tested pre/post camp
- Explosiveness
- Linear Speed
- Agility
- Intense Conditioning
- Strength
- Proper Running Form



Call **U-TURN** Performance Specialist, Nathan Hackney, for more details.

### U-TURN STRENGTH & CONDITIONING

**SPEED SCHOOL 2011 -2012**

Speed School I - Tue, Thur 5:30PM - 6:30PM  
Speed School II - Mon, Wed 5:30PM - 6:30PM

<b>\$120 (8 Sessions) ▶</b>	<b>Speed School I:</b> Dec 5 – Feb 23, 5:30-6:30 pm (Ages 14+)
	<b>Speed School II:</b> Dec 5 – Feb 23, 5:30-6:30 pm (Ages 10-13)

*Team Rates Available - Contact Coach Hackney for details*

**"HARD WORK beats talent, when talent doesn't WORK HARD"**

**REGISTER ONLINE AT [WWW.U-TURN.ORG](http://WWW.U-TURN.ORG)**

**U-TURN SPORTS PERFORMANCE ACADEMY ♦ 2101 Maywill Street ♦ Richmond, VA 23230 ♦ 804.358.2775**

**Each registered athlete will receive a complimentary t-shirt.**

### U-TURN STRENGTH & CONDITIONING Winter Camp 2011-2012

Registration and Parent/Guardian Information

Parent/Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip \_\_\_\_\_

▶ Speed School I & II : \$120 for 8 sessions	Speed School		SUBTOTAL
	I	II	
Athlete #1: _____ Age: _____	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____
Athlete #2: _____ Age: _____	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____
Athlete #3: _____ Age: _____	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____
<b>Total Amount Enclosed:</b>			<b>\$ _____</b>

Mail this form with a check made payable to: **U-TURN Sports Performance Academy** - Attn: Nathan Hackney, 2101 Maywill Street, Richmond, VA 23230