

SPEED AND AGILITY term 1

8 Week program for Students
year 5,6,7 & 8

Session A: Friday 7:00am - 8:00am

Session A Start Date: 29.01.24

Location: Whinstanes Oval,

Villanova College

Cost: \$140

RSVP: Online by 05/02/24

Late Entries may be accepted

Enquiries: Mr. Matt Scott,
Villanova Track & Field Coach
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**Improve your speed, strength, agility,
and power to excel in your chosen
sport...**