



2010 SPRING BREAK F.A.S.T. CAMP

WHEN: MARCH 15-19, 2010

WHERE: THE F.A.S.T. FIELD BEHIND HUMBLE MIDDLE SCHOOL

COST \$50.00

WHAT: FOOTWORK, AGILITY & SPEED TRAINING

AGES 5-10 5:30 P.M. – 6:30 P.M.

AGES 11 & OLDER 6:30 P.M. – 7:30

INTRODUCING FEMALE F.A.S.T. CAMP ALL AGES 6:00 – 7:00 P.M.

NOTE: ATHLETE'S DO NOT HAVE TO PLAY FOR F.A.S.T. CAMP TO ATTEND OUR CAMPS. IT DOESN'T MATTER WHO YOU PLAY FOR COME GET YOUR SPEED, AGILITY, AND QUICKNESS TRAINING AT F.A.S.T. CAMP.