



www.husd.org  
(480) 279-7055  
(480)279-7158

## Prepare to Be a Champion

### OFF SEASON TRAINING

- \*Speed
- \*Agility
- \*Flexibility
- \*Strength

Our youth strength program is designed to improve your young athletes strength WITHOUT loading weights on to their young skeletal structure.

Where: Williams Field High School (Stadium)

When: Monday's and Thursday's February 20-April 12

Time: 5:30-7:00

Cost \$80 (that is only \$5 per session)

Grade Range: 5th-8th Grade

#### Instructors:

- Steve Campbell
  - \*Head Football Coach
  - \*Head Track Coach
  - \*ASU Instructor for Weight Training for Athletes
- \*Sprint Coach

#### Kelvin Hunter

- \*Varsity Football
- \* Defensive Coordinator
- \*Assistant Track Coach
- \*Jumps Coach

Training Program Assistant:  
James McKinney



### Williams Field High School

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## Williams Field Black Hawks