

"BE EXPLOSIVE"



CHICAGO INDOOR SPORTS
3900 South Ashland Avenue
Chicago, Illinois 60609

www.SpeedSkillzTraining.com | (773) 837-6183 | info@speedskillztraining.com

SPEED AND AGILITY TRAINING

- Improve "Top End" speed and explosiveness
- Develop proper technique and footwork
- Improve sports performance
- Improve coordination and lateral quickness



"SPEEDSKILLZ IS THE FIRST PROGRAM I CAME ACROSS THAT STUDIES THE TRUE FUNDAMENTALS OF SPEED AND EXPLOSION. I RECOMMEND THIS PROGRAM TO ANYONE TRYING TO GET TO THE NEXT LEVEL."

*JA'WARREN HOOKER
US OLYMPIC TEAM
2000 SYDNEY OLYMPIC GAMES*

TRAINING SESSIONS STARTING MARCH 17

SESSION 1: AGES 9-13
TUESDAYS & THURSDAYS
5:00 PM – 5:50 PM

SESSION 2: AGES 14-18
TUESDAYS & THURSDAYS
6:00 PM – 6:50 PM

Camps are 6 week sessions performed twice per week. There is a maximum of 15 student athletes per group. All student athletes are encouraged and will see improvement in their overall athletic ability. To register please call (773) 837-6163 or email terry@speedskillztraining.com.

TRAINER & FOUNDER



Speed and Agility trainer, Terry Tharps, has over seven years of playing and training experience at the collegiate and professional levels. Some of those experiences include accepting a full-ride football scholarship to the University of Washington and Western Illinois University.

Some of his collegiate highlights include:

- 2001 Rose Bowl Appearance
- 3 Year Letterman
- 4.28 forty yard dash at the 2001 UW Pro Day Combine
- All-conference honors as a return specialist at Western Illinois University
- Gateway Conference record holder for 100 Yard Kickoff Return