



Quick Speed Clinics

Michael Jordan was the fastest player ever to play in the NBA. Darrell Green played in the NFL until he was 42 years old, because he was usually the fastest player on the field. Sydney McLaughlin-Levrone made the 2016 Olympics in track & field when she was 17 years old and continues to dominate that sport today. *Quickness and speed matter!*

Session Dates	4 th - 6 th Grade	7 th & 8 th Grade	High School
Tuesday, November 26	4 - 5 pm	5 - 6 pm	6 - 7 pm
Thursday, December 5	4 - 5 pm	5 - 6 pm	6 - 7 pm
Thursday, December 12	4 - 5 pm	5 - 6 pm	6 - 7 pm

DAC is debuting these special clinics for **FREE** to those currently registered in our junior tennis and youth basketball programs and for any of our members' grade school, middle school, and high school students.

Here's the catch! Each date has three time slots. However, **space is limited**, and - since the above three events are free - they may fill up quickly.

Athletes can register for one, two, or all three sessions. Each date, participants will be taught different drills to help them get their quickness and speed to another level.

Speed Specialists

Jessica Smith - She is a former IHSA state champion and received scholarship offers in three sports before becoming a NCAA All-American in track & field. Jessica has been training athletes for over five years.

Jason Franklin - He began training athletes in 1992. He has worked with many younger athletes who went on to earn all-state honors and some that received national accolades.

How to register?

Email Jessica Smith at jess@dacfit.org. In that communication, please include athlete's name, grade level, parent name, parent cell phone number (in case of an emergency), and dates the athlete would like to register for.



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