



**BE BETTER
BE FASTER
BE STRONGER
BE READY!**

JULY 15 - AUGUST 7 SPEED AND AGILITY CAMP

8 Sessions for \$65 • Mondays & Wednesdays 6-7pm Tolland Middle School

Integrated Training Center, along with the support of the Tolland Soccer Club, is pleased to offer this program to help improve the physical development of Tolland athletes for their upcoming sports seasons.

This camp is appropriate for youth ages 8-14.

SIGN UP TODAY!

Registration Deadline July 1st

Contact: Cherie Baker, Integrated Training Center Coordinator

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