



## **WV CHAOS SPEED & AGILITY ACADEMY**

The Speed & Agility Academy offers a training program focused on improving coordination, foot speed, core strength and quickness for athletes 9 and older. This program will provide players an opportunity to work with professional trainers to improve the core skills that are essential to all athletes. This program is a combination of quickness drills, resistance training, yoga and reaction training. This program has been used to train professional athletes in several sports and is an incredible tool for improving an athletes in ability in any sport. This program is available as part of Chaos player fees, and non-members may participate for a \$100 fee.

**Academy Director:** Ashleigh Woods

**Coaching Staff:** WV Chaos Staff Members

**Location:** Ayash Sports Complex, St. Albans

**Schedule:** Thursday beginning January 9<sup>th</sup> 2008 through February 27<sup>th</sup> 2008, 5:30-6:30.

**Cost:** \$100.00 for all eight weeks of training! (Free for Chaos Players)

**Includes:** One training session per week, 8 winter training sessions.

**Registration:** Registrations can be picked up at the Chaos office or can be downloaded from our website, [www.westvirginiachaos.com](http://www.westvirginiachaos.com). Registrations are currently being accepted.

**Contact:** Ashleigh Woods at [ashleigh@westvirginiachaos.com](mailto:ashleigh@westvirginiachaos.com) or 391.5052.