Peak Velocity Speed and Agility Camp

Manhattan Youth Athletic Association

Session #1

	40 yard dash times (avg. of 3)			
number	02/28/10	03/28/10	difference	
1	7.46	7.21	-.25	
2	6.93	6.76	-.17	
3	7.26	7.16	-.1	
4	6.95	7.1	+.15	
7	7.59	7.33	-.26	
8	6.89	6.35	-.54	
9	7.2	7.2	-	
10	6.57	n/a	-	
13	5.93	5.19	-.74	
14	6.3	6.3	-	
15	7.3	7.19	-.11	
16	8.3	7.97	-.33	
17	6.8	n/a	-	
18	6.77	6.9	+.13	
19	5.34	5.28	-.06	
20	6.71	6.9	+.2	
21	6.12	6.1	-.02	
22	7.57	7.2	-.37	