



As coaches and parents, we are often most concerned with training our sons and daughters the fundamentals of the game. Whether hitting in the batting cage, dribbling the soccer ball, catching the football or shooting free throws, we make sure to drill the fundamentals over and over again. The one thing that most often gets left out of the equation is SPEED.

The athletes in most sports that possess the most speed are going to win. That is the most basic skill in athletics and yet it is most overlooked because so many coaches and parents believe that speed cannot be taught. You either have speed or you do not is the common myth.

As MYAA continues to grow and develop, we must keep up with the competition. Do not let the other teams run right past us! The success of your team and the athletes on it depend on improving the most fundamental element of sports success: SPEED.



2009 State Champions

Visit our website at: www.manhattanball.com for details!



Peak Velocity Athletics Speed and Agility Camps



2009 Coach of the Year Awards:

- South Suburban Blue Conference
- Illinois Coach Association
- Illinois Track and Cross Country Coach's Association
- IHSA (Illinois High School Association)
- NFHS (National Federation of High School)



Peak Velocity Athletics will be hosting their first speed and agility camps in conjunction with the Manhattan Youth Athletic Association (MYAA).

Location: Manhattan Jr. High

When: Sunday March 7th thru April 11th (5 weeks) No sessions on April 4th for Easter Holiday

Time: 8:00am to 9:30am

Cost: \$65 for MYAA Members and \$85 to Non-MYAA members, which includes a new Maverick/Peak Velocity T-Shirt.

**Any athlete that is enrolled in Baseball, Softball or Soccer through MYAA is entitled to attend the one-time free session on Sunday February 28th from 8:00am-9:30am

**Contact us about family and team rates.

We at Velocity Sports have developed this speed enhancing program for nearly a decade by using drills that enhance the strength, stride length, stride frequency, flexibility and technique that go into producing athletes that perform at their peak ability.

Your Coaches



Ron Towner



Coach Ron Towner is the Head Men's Track and Field Coach at Hillcrest High School. This is his 12th year coaching track and field. In his tenure as the Head Coach, Towner's team has brought four consecutive Conference Championships, the first IHSA Sectional Championship to Hillcrest in 2006 and another IHSA Sectional Championship in 2009. He has coached over 60 state qualifiers and 26 state medalists. His 2009 State Championship team was the

first ever team championship at Hillcrest High School. The Hawks were champions in the 4X100 meter relay, the 4X400 meter relay and the 110 meter high hurdles. Hillcrest's 94 points were the second most team points in IHSA State Final history and their margin of victory (46) was the second most in IHSA history as well. Coach Towner has been a resident of Manhattan for six years. He has two sons involved in baseball and soccer in MYAA and also coaches high school cross country.



Benny Phillips



Coach Benny Phillips is in his 14th season coaching track and field. He has coached at Joliet Township, Providence Catholic and Hillcrest High Schools and is now the Head Girls Track and Field Coach at Kankakee High School. Coach Phillips has coached sprints, hurdles and relays. Coach Phillips has a Level I and Level II certification from USATF. Coach Phillips was an integral part in the 2009 2A State Championship at Hillcrest. He

has also coached football and basketball.

Speed and Agility Camp Benefits

- ★ Improved Acceleration
- ★ Faster Starts and Reaction Time
- ★ Faster 30-60 meter sprint times
- ★ Improved Explosiveness and Jumping Ability
- ★ Improved Agility and Change of Direction
- ★ Core Strength Development
- ★ Balance and Coordination Improvement
- ★ Improved Sprint Mechanics
- ★ Improved Flexibility and Range of Motion
- ★ Injury Prevention

Speed Agility Quickness Drill Specifics

- ★ Dynamic Warm-up
- ★ Agility Series
- ★ Plyometric Series
- ★ Jump Series
- ★ Agility Series
- ★ Hip Power and Strength Development
- ★ Conditioning

Testing Criteria

- ★ 30 meter starts
- ★ 30 meter flys
- ★ Vertical jump
- ★ Standing long jump

Equipment Needed

- ★ Running/Cross-Training Shoes
- ★ T Shirt and Short s Recommended
- ★ Water//Sports Drink Recommended

