

# In the Moment Sports

- Personal Coaching:*** One on one or small group setting (1 hour each, up to 3x a week)
- Focus:*** Speed, Agility and Conditioning
- Tailored Programs:*** To develop speed, agility and conditioning through a variety of drills using both field work and physical props (e.g., cones, parachutes, field ladders, sleds, etc.)
- Coaching by:*** ACE certification, BS Physical Education / Biology, extensive professional athletic coaching experience
- Location:*** Klein Oak High School Track
- Time:*** 9-10am M-W-F *ages 8-12*  
5-6pm M-W-F *ages 13+*
- Duration:*** Programs start the week of July 5<sup>th</sup> and run through the end of 2010.
- Contact:*** Walt Spiegelhauer 713-498-5159  
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Stay tuned to hear more about seasonal and sport specific programs.