



# 6 Week Off-Season Training

The off-season is an opportunity to grow **STRONGER**, become **FASTER**, and **IMPROVE PERFORMANCE**.

What you accomplish in the off-season will determine how you perform during your next season. Maximize your skills with our specialized summer speed and strength training.

## Dates

June 5 - August 5  
Mon/Tues/Th/Fri  
11a-12p (Jr High)  
12p-1p (Varsity+)



\$350 for Non-Members  
\$300 for Members  
Sibling discount available!

OPPOSING FORCE - 5402 Patton Dr. Ste 122 Lisle, IL 630.520.5984



# Speed & Strength Camp

Coached by: Cody Pooler

Over the last 6 years Cody has worked with all types of athletes and age groups from Jr. High to the Collegiate level. His passion is to help athletes improve performance through improving speed, agility, strength & endurance. As a previous wrestler, Cody understands the importance of off season training and aims to help other athletes surpass their goals through constantly challenging his students to be better and move better every day.

"Refuse to be ordinary"- Cody Pooler

Contact Opposing Force at 630-520-5984 with questions or to register for Summer 2k17 Speed & Strength Camp!