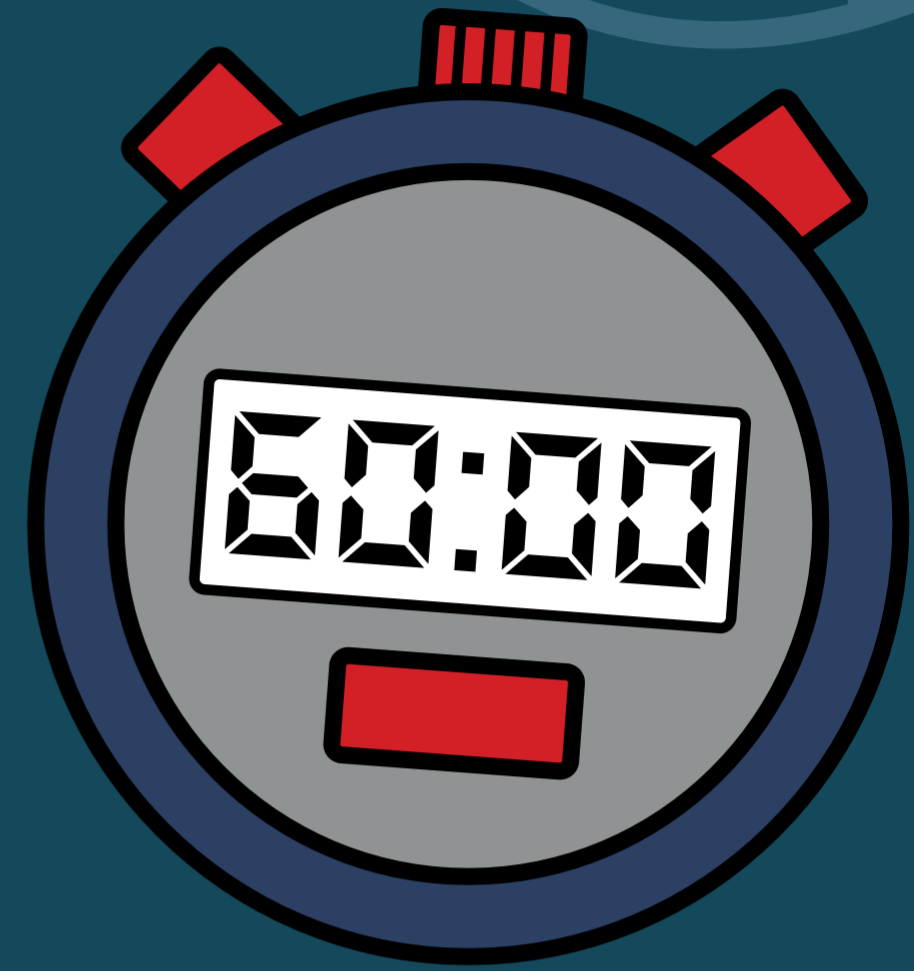


Moody Blue Devil Youth

Speed & Agility Camp



Moody Civic Center is partnering with Moody High School Alumni Devonta Vandergrift, who is a certified personal trainer through The National Academy of Sports Medicine. His company called "Element Hype" specializes in speed & agility. He will teach you the basics on how to build quicker feet, learn the relationship between stride rate and stride length, while working on form & learn how to lead with the arms. Whether you play Soccer, Football, Baseball, Tennis, or Cheer, this camp will help you!

Awards & T-shirts will be given out on Thursday.

MOODY CIVIC CENTER

205-640-0321

9AM-12PM JUNE 25-28

\$50 REGISTRATION

AGES 5-12YRS.