



REGREATION

- Jake Sharp *Clinic Instructor*  
(KU RB 06'-09')

All Big 12 Conference Runningback

Rated as one of the fastest  
players in the 2010  
NFL Draft



**SAT. MARCH 3<sup>RD</sup>**

**10AM TO 12PM** TIMES MAY CHANGE BASED ON NUMBER OF SIGN UPS

# SPEED / AGILITY CLINIC

AT **NEMAHA CENTRAL** HIGH SCHOOL

**\$40**  
PER ATHLETE  
-----  
FAMILY PLAN  
\$80 MAX

S E N E C A

## BENEFITS ALL SPORTS

- I
  - N
  - C
  - L
  - U
  - D
  - E
  - S
- TECHNIQUE  
WHY  
PATTERN  
RHYTHM  
VIDEO ANALYSIS  
TAKE HOME WORK

# FOR: BOYS / GIRLS

GRADES: **4<sup>TH</sup> THRU 12<sup>TH</sup>**

REGISTRATION DEADLINE: **FEBRUARY 14 @ 4PM**