

MOHAWK SPEED & AGILITY PROGRAM

WHERE

MCHS GYM

WHEN

6:20 a.m. to 7:20 a.m.

Tuesday, Wednesday, Friday

10:00 a.m. to 11:00 a.m.

Saturday

GOALS

1. Train for explosiveness and endurance specific to athletic performance.
2. Help reduce possibility of injury.
3. Build mental toughness.
4. Improve accountability and toughness needed for team success.

*If you are unable to attend this time, send an e-mail to: mohawkagility@gmail.com to receive information from The Mohawk Speed & Agility Program about alternative workout options available.