

Wanaque ALL SPORTS *SPEED COMBINE EVENT*



LOCATION:

PS2 Athletics
321 Hamburg Turnpike
Wayne, NJ 07470

COST:FREE

REGISTER ONLINE:

1. www.tinyurl.com/wanaquesce
2. Use your child's name on account

SPEED IS THE KEY

The Wanaque All Sports Speed Combine is a town-wide initiative to focus on the key component to sports success-SPEED. Athletes will participate in multiple physical tests to assess their acceleration/top speed, agility, power and strength. Come on out and test your physical abilities at our fun and exciting speed combine!

TESTS/ MEASUREMENTS

- 10/40 yard dash:** Accel./Top Speed
- Pro Agility:** Changing Direction
- Broad Jump:** Horizontal Power
- Vertical Jump:** Vertical Power
- Medicine Ball Toss:** Upper Body Power

CLINIC DATE:

FRIDAY, November 18th

CLASS TIMES:

- Grades 1-4:** 6pm-7pm
- Grades 5-8:** 7pm-8pm

