

# 40 Yard Dash Performance Clinic

This is a great opportunity for football players to learn proper techniques to run a faster 40 yard dash time. This one of a kind clinic will be taught by Mike Caza and the Performance Team at PSC. Mike was a former Olympic level track athlete and has studied and competed in Asia, Africa, Europe and throughout North America. Don't miss this opportunity to learn inside secrets to faster sprinting. Clinic highlights include:

- **Breaking it Down - Start Position/Drive Phase/Acceleration Mechanics**
- **Identifying Common Sprinting Faults and how to correct them**
- **Building specific Core Strength to sprinting**
- **Is your Strength Program making you slower?**
- **Building Leg Power to support faster sprinting**
- **Warming up properly on Combine Day, Game Day, and before training**

**This clinic will fill quickly and only has 30 available spots!**



**When:** Thursday July 10th or  
Thursday July 24th  
(1 day)

**Where:** PSC

**Time:** 6:00-9:00pm

**Cost:** \$99

(register by June 17th and take \$10  
off registration fees!)

**To Register call (330) 487-0810.**