

ASSA *Ranell Hobson's* ACADEMY OF SPORT SPEED & AGILITY

- ✓ Speed and movement assessment
- ✓ Identification of potential chronic injury mechanisms
- ✓ Home programs designed to specifically target identified weaknesses

Learn how to **maximise your speed** potential to have you running fast right to the final siren.



SPEED IS KING - If you don't have it let us show you how to get it!

ASSA Coaching Director Ranell Hobson, will fully assess your athlete's current acceleration, sprint and change of direction mechanics (Qualitative Assessment).

Your athlete will be introduced to the skills and drills used by elite athletes to generate first step explosive speed for all field and court based sports.



"Within 5 minute she had identified what was causing my son's running issues and told us how to fix it" – Sean Rosario, father of Parramatta Eels 15yr old Rugby League player.

"Ranell's knowledge and application is phenomenal" – James Baker Aspire Academy Qatar and convenor of the UK Child to Champion annual UK conference.

Location:

City Mazda Stadium

57 Milner Road, Richmond, Adelaide SA

Date:

Saturday December 16th 2017

9am, 10am and 11am. Each session is 1 hour duration.

Cost \$75 – Spaces limited to 4 places only per session. Ages 10+.



Visit: <http://www.academyofsportspeed.com> to book now.