

CONNECTICUT SPEED SCHOOL

IMPROVING SPEED IN EVERY ATHLETE



Our Speed Camps are designed to improve “game speed” in all of our athletes! The Connecticut Speed School accomplishes this by coaching proper technique and form in both linear and lateral body movements, improving joint mobility and muscle flexibility, increasing work capacity and by developing relative body strength and explosive strength. This athletic development ultimately leads to a faster, better conditioned (mentally and physically) athlete! The Connecticut Speed School’s recipe for our success combines science, excellent coaching and a lot of hard-work by our athletes and staff. This Speed Camp is a MUST for everybody that wants to be the best athletes that they can be in their respective sports!

Please visit our website at www.ctspeedschool.com for more information about our School and our staff. Contact us at info@ctspeedschool.com or by calling 203-298-4277.

