

"WEST COAST TRAINING EXPERTS"



Field Hockey Speed Camp

FEATURING UNIVERSITY OF MICHIGAN STAR

Katy Moyneur

Katy's Accomplishments:

- NCAA National Champion
- All-Big Ten
- NCAA All-Tournament Team
- Big-Ten Defensive Player of Week
- Ranks 3 on UM's career games
- North County Times &
- San Diego Union Tribune
Female Athlete of the Year



PLAY FAST ATHLETES

NFL ROOKIE OF THE YEAR

HEISMAN WINNER, RUNNER-UP & FINALIST

10 - FIRST ROUND NFL DRAFT PICKS

NBA 1st ROUND DRAFT PICKS

BIG 12 PLAYER OF THE YEAR

#1 RATED 18 YR OLD JUNIOR TENNIS

100 + NFL ATHLETES

PAC 10 PLAYER OF THE YEAR

ALL-PRO FOOTBALL PLAYER

IVY LEAGUE NEW COMER OF THE YEAR

MAJOR LEAGUE BASEBALL PLAYERS

OLYMPIC BEACH VOLLEYBALL

1 Week Speed Camp

June 23rd - 27th

10:00 am to 11:30 am

Kit Carson Park

\$100 per athlete

Contact & Pre-Registration

Marino Infante:
Director of Training
– Phone 858-688-6236
– Email marino@playfast.net

James Eidson
Team Program Director
– Phone 858-442-5649
– Email james@playfast.net

PROGRAM DESCRIPTION

The Play Fast Athletics (PFA) 1-week speed camp is a foundational work week. PFA believes through proper teaching and drilling we can enhance the coach's and the athlete's awareness of speed enhancement principles, drills and techniques. Not only will Play Fast teach coaches, drill and educate athletes, but we will leave each program with a full 6-week descriptive speed training workout for the summer. This program will take the guess work out of program design and protocol. You will be provided with one of the most proven speed enhancement systems in the United States based on NFL combine testing standards and numerous CIF & State Football Championships. The Play Fast system has been perfected for more than a decade now and continually progresses towards more championships. We would like to help place you into a more competitive situation by PLAYing the game of field hockey FAST.

WHO IS PLAY FAST?

The founder of Play Fast has been labeled as a "West Cost Training Expert", by ESPN's Len Pasquarelli. The commitment Play Fast has to training athletes can be seen by the results produced and their athletes trained. Training professional athletes speaks clearly to the credibility of a training company. Play Fast takes pride in training their Collegiate, High School and Junior Athletes with the same respect and integrity as the Professional. Play Fast has seen far too many young athletes place their hope and to some extent their future in the hands of a generic franchise training program only to find disappointment. The Play Fast system is specifically designed to develop the individual athlete.



free t-shirt with pre-registration.

WWW.PLAYFAST.NET