



# Speed and Agility for PAFA Athletes

Free for all 2018 Registered PAFA Tackle Players!



PAFA has partnered with BALL4Training, and registered fitness trainer and PAFA coach Todd Love Ball, to offer [2018-registered](#) PAFA tackle players speed and agility classes in June and July **at no cost to PAFA families.** The program is being offered and designed for PAFA tackle players, and is not open to the public.

These classes are entirely optional, and designed to give PAFA players an opportunity for some fitness and fun with their PAFA teammates in the off season, preparing them for the season ahead.

This 8-week class will be offered June 4-July 27, according to the below dates and times by division. No sign up required—just show up ready for fitness and fun with Coach Ball!

| <b>Monday</b>                    | <b>Tuesday</b>                       | <b>Wednesday</b>               | <b>Thurs.</b>                    | <b>Fri.</b>                          |
|----------------------------------|--------------------------------------|--------------------------------|----------------------------------|--------------------------------------|
| 1:30-2:30: 10U<br>2:30-3:30: 11U | 1:30-2:30: 12U<br>2:30-3:30: Varsity | 1:30-2:30: 8U<br>2:30-3:30: 9U | 1:30-2:30: 10U<br>2:30-3:30: 11U | 1:30-2:30: 12U<br>2:30-3:30: Varsity |

