



TP SPORTS PERFORMANCE

World Class Vision on Sports Performance Training

On Saturday, January 30th NLYFA athletes are invited to attend a free training clinic with TP Sports Performance at Bo Jackson's Elite Sports Dome in Lockport.

Time: **Group 1: 3pm to 4pm (16 athletes per group)**

Group 2: 4pm to 5pm

Programs are designed by *two-time U.S. Olympian* and international athlete Tom Pukstys, CSCS.

The clinic will cover Speed, Agility, Core Strength and Explosive Power.

****Contact us to reserve your group and time slot!**



TP Sports Performance / Bo Jackson's Elite Sports Dome
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