



## SCIENTIFICALLY DEVELOPING THE CHAMPIONS OF TOMORROW

RUN FASTER, JUMP HIGHER, THROW FURTHER, GET STRONGER, INCREASE AGILITY

Whatever your sport "Future Champions" is scientifically designed to improve your performance, and maximise your potential. "Future Champions" is a groundbreaking system that uses the best methods from around the world to ensure that tomorrow's champions have all of the required skills, physical conditioning psychological and game skills to enable them to maximise their potential. All sessions are delivered by Ian Jeffreys a world renowned performance enhancement coach.



A NINE WEEK, COACHING AND TRAINING PROGRAMME FOR 9-12 YEAR OLDS  
(INCLUDING A BEFORE AND AFTER COMPLETE PERFORMANCE ASSESSMENT)

BRECON HIGH SCHOOL GYM  
TUESDAYS 5.30—6.30  
SEPTEMBER 29th TO DECEMBER 10th 2009

£36.00

Places are limited , and early booking is recommended to avoid disappointment.  
To book or reserve your place, send a cheque for £36 to  
All-Pro Performance, 71 Beacons Park, Brecon, Powys. LD39 BR



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