



## 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 utilises the best training methods from around the world, to ensure that tomorrow's champions have all of the required skills, physical conditioning and psychological abilities to enable them to maximise their potential. All sessions are delivered by Ian Jeffreys a world acclaimed performance enhancement coach.



A SEVEN WEEK COACHING AND TRAINING PROGRAMME FOR 9-13 YEAR OLDS

BRECON HIGH SCHOOL GYM  
THURSDAY'S 5.30—6.30  
Jan 25, Feb 1,8,15, March 8,15,22

£28.00

Places are limited , and early booking is recommended to avoid disappointment.  
To book or reserve your place, send a cheque for £28 to  
All-Pro Performance, 71 Beacons Park, Brecon, Powys. LD39 BR



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