



# Top Flight Foundational *Speed School*

January 21 and 28

February 4 and 11

*Pettit National Ice Center*

500 S 84th St, Milwaukee, WI 53214

**10 AM - 11 AM**

**Cost: \$60 for all four sessions**

Improve your sprint mechanics, acceleration, and maximum velocity!

**Sprint mechanics/Acceleration** - Learn drills that improve sprint mechanics and acceleration

**Maximum Velocity** - Maximum velocity is the difference-maker in speed development and performance. Electronic timing will be used to measure maximum velocity for each athlete.

This clinic is for current high school athletes or incoming freshmen. **Preregistration is due by Saturday, January 20.**

Registration link: <https://topflightone.sportngin.com/register/form/124067658>



Athlete	Time	Sport
Gabriel Olsen		Track/Soccer
AC Zylka	0.95	Track
Alexander Maggit		Track
Aidan Lynch	1.00	Track
Jacob Lorbecki	1.01	Soccer/Baseball
Devin Frank		Track/Football
Lily Strong	1.02	Track
Desmond Wilson		Track
Max McQuide	1.03	Track
Matt Jelinski		Track
A. Groskopf	1.04	Track/Football
Kieran Schindler		Track
Jetta Mays	1.05	Track
Sennet Siodlarz		Track/Football
Austin Villarreal	1.06	Track/Basketball
Nick Hansen	1.07	Football
Andrew Kronenberg		Football
Maia Mays	1.09	Track
<b>Maximum Velocity</b>		
<b>10 m fly (30 m fly start)</b>		

