

# SPEED & AGILITY CAMP

COACH JASON MAY  
COACH JOHN LETSEN

-Test 40 yard sprint, vertical,  
explosive first step.  
-Will do fun team and  
individual fitness drills that will  
help develop

-Quick feet  
-Speed and  
strength  
-Mental toughness

-8 one hour sessions  
-Tuesdays and Thursdays (8:30 a.m.-  
9:30 a.m.)  
-June 22, 24, 29  
-July 1, 6, 8, 13, 15  
-\$80 per person



-Coach Jason May (Head Men's Varsity Coach at ECS)

-played college soccer at Appalachian Bible College

Coach John Letsen (Assistant Men's Soccer Coach at ECS)

-played college soccer at Liberty University

**Don't settle.  
Strive for your absolute best.**

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Contact John Letsen at:  
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E-mail: [letsenlawncare@gmail.com](mailto:letsenlawncare@gmail.com)

Contact Jason May at  
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