

SPRINT TECHNIQUE



Specialist Sprint Trainer: Robbie Spencer

- Open to 2006 born and older boys and girls
- 4:30-5:30 Wednesday 7th, 14th, 21st and 28th November
- \$25 total cost. Book via <https://www.trybooking.com/427630>
- Limited to 40 players, so get in quick!

NORTHCOTE JUNIOR FOOTBALL CLUB