

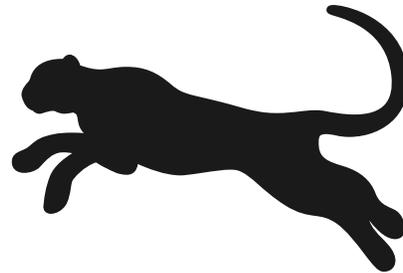
**FAST
ATHLETES
PERFORM
AT THEIR
BEST WHEN
IT
MATTERS
THE MOST!**



**ARLINGTON
CATHOLIC
HIGH SCHOOL**



Contact Us
[https://www.achssas.org/
athletics/upper-school/](https://www.achssas.org/athletics/upper-school/)



**ACCELERATE
TO
DOMINATE**

**Cougar Speed
Clinic**

**SUMMER
SESSION 2024**



CLINIC DATES AND TIMES

CLINIC MEETS 3 DAYS PER
WEEK ON MONDAY,
WEDNESDAY, AND
THURSDAY EVENING FROM
6-8:00 PM

JUNE 17, 19, 20
JUNE 24, 26, 27
JULY 8, 10, 11
JULY 15, 17, 18
JULY 29, 31, AUGUST 1
AUGUST 5, 7, 8



Register Now

[https://www.achssas.org/athletics/
upper-school/](https://www.achssas.org/athletics/upper-school/)

Why Choose Us

Whether you are an athlete looking to take your game to the next level, or one just looking to make an impression during tryouts, **you want to improve your speed.**

Speed is the tide that lifts all boats. You can never have too much speed. Coaches are always looking for fast athletes. Fast teams are the most competitive. **And speed can be trained and improved.**

Our program will seek to improve your overall speed in the following ways:

- By Sprinting Fast- which only happens when you use a timer.
 - Sprints will be timed, recorded, ranked, and published
- By Jumping and bouncing high/far and often
- And by lifting weights



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Our Facilities

- Kathleen A. Hintlian Athletic Field

24 Summer Street
Arlington, MA 02474

- AC WELLNESS CENTER

16 MEDFORD STREET,
ARLINGTON MA 02476

CLINIC DIRECTOR

DAVE WILCOX

HEAD FOOTBALL COACH

AND ASSISTANT TRACK

COACH ARLINGTON

CATHOLIC HIGH SCHOOL

