

SPARQ

Skills Training

Velocity Sports Performance is enrolling players in the preseason SPARQ Training Camp. The camp will consist of intense training focusing on Speed-Power-Reaction-Quickness specific to football on the offensive and defensive side of the game. Our instructors will focus on a different aspect of development for both offensive and defensive. Camp date is Saturday August 14th. Camp times are 8:00AM till 4:00PM. Lunch will be provided. Each player will do SPARQ drills and at the end there will be a skills challenge with prizes going to the best times.

Velocity Sports Performance[®]



Camp Director is DeQuincy Scott. DeQuincy is a graduate of The University of Southern Mississippi. Following his college career, DeQuincy went of to play 6 years in the NFL with the San Diego Chargers and Tennessee Titans.

Call Velocity Sports Performance at (601)-899-1480 for more information. Camp cost is \$65.00 per athlete.

Camp will be help at Freedom Ridge Park in Ridgeland.