



Calling all student-athletes, coaches, teachers, and parents! Join us on Saturday, August 25 at 9am, as we raise Saber Sports to the next level.

A nationally renowned speaker and coach is returning to TNCS from Salt Lake City to TNCS for a **BE an 11!** clinic. BiggerFasterStronger, Inc. President John Rowbotham will infuse Saber Sports with a greater vision. Along with that vision, he will teach our athletes how to set higher goals, work harder, and become better people as they create their own value system with higher standards.

On a scale of 1 to 10, each participant will learn how to become an "11" athlete, student, communicator, community member, and leader.

## **August 25th BiggerFasterStronger Clinic Schedule**

### **On a Scale of 1 to 10, BE an 11! Seminar**

- Saturday, 9am-noon, TNCS Gym
- For: ALL MS & US student-athletes and coaches
  - Parents and teachers are encouraged to attend and join this exciting event

### **Lunch served for student-athletes**

- Parents are dismissed
- Coaches will lead discussion groups and clinic debriefing

### **BiggerFasterStronger Total Program Clinic**

- Saturday, 12:30-3:30pm, TNCS Gym and Whitlock Field
- For: All MS & US student-athletes
- Hands on strength & conditioning training
  - Core Lifts, Auxiliary Lifts
  - Speed, Plyometrics
  - Flexibility
  - Nutrition
  - Weightroom Safety