



# **Saint Joseph High School Speed and Agility Training**

**WHAT** Saint Joseph High School will offer Speed and Agility Training classes to all SJHS students, siblings, alumni, and families. If you are part of the SJHS community, you are welcome to participate.

**WHO** Classes are taught by Mr. Dan Obremski.

Mr. Obremski's personal accomplishments include:

- 12 Time World Racquetball Champion,
- Hall of Fame Inductee 2005,
- U.S. National Racquetball Team Coach, and
- he has taught over 30,000 athletes in Western PA.

**WHERE** Saint Joseph High School Walter Dlubak Athletic Center.

**WHEN** Classes begin Tuesday June 12<sup>th</sup> and will run for eight weeks.  
Tuesdays at 12:00 PM / Thursdays at 6:00 PM  
Each session will run for one hour.

**COST** One-time introductory rate of \$5 /participant/class.

**REGISTER** Email Mr. Ackerman at [tackerman@SaintJosephHS.com](mailto:tackerman@SaintJosephHS.com).