## Speed Camp

## **Speed Performance Benchmarking**

Name:		
email:		

Core Performance Measures:	1 (Date)	2	3	4
Flexibility (inches)				
10 yards (# of steps)				
20 yards (seconds)				
40 yds				
60 yds				

**Speed for Sports** 

www.readysetgofitness.com/speed.html