

On Go Speed Development

OGSpeed
with Thomas Karge

‘ONE GOAL’

Make each athlete as fast, explosive, and confident as they can possibly be within a safe and positive environment.

Philosophy

“To develop raw athleticism, and let the sport teach the sport”

Pre-Season Training

Safely enhance all forms of speed, 1st and 2nd step quickness, jumping heights, throwing power, strength, body balance, etc. Be ready by day 1 of Sport!

In-Season Training

Athletic advancement for the athlete correctly while In-Season. Growth of all forms of athleticism, safely, during the season.

No Sports? No Problem

Achieve all the benefits of a sport athlete, mentally and physically, while participating in a positive environment.

Confidence

No matter the level, improve confidence.

Days

Tuesday and Thursday
3pm-415pm
September 3, 2024 - November 21, 2024
3rd-8th Grades Boys and Girls

Contact

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954-815-5477

Pricing

Single Athlete: \$350
2 Siblings: \$500
3 Siblings: \$600

For St. Timothy Faculty Son or Daughter: Please call 954-815-5477

Payment Options

Check payable to: On Go Sports
Venmo: @TKarge1
Zelle: 954-815-5477