

The NFL season may be over but it's almost time for ...

**SPRING**

# WEDNESDAY WORKOUTS

With The Knightdale Knights



## WEDNESDAY WORKOUTS BEGIN

First Wednesday in April

(NO April Fools here!)

Knightdale Station Park – Field #3

6:00 PM – 8:00 PM

**NO SIGN UP NEEDED JUST SHOW UP!**



## What to Expect:

*Train with:*

• *Knightdale Knights Coaching Staff*

• *Local High School Players*

• *Local College Athletes*

*Focused on:*

• *Agility*

• *Conditioning*

• *Speed*

• *Football Skill Development*

## WHO CAN ATTEND?

All athletes ages 5–14

Everyone is welcome.

Come get quality off-season work and sharpen your skills before the fall season.

<https://www.knightdaleknights.org>