



The Ridge Booster Club
INVITES PARENTS & STUDENTS

to a presentation on

Sports Performance Enhancement

Thursday, Nov. 17 7:00pm
Ridge High School Gymnasium

- ★ **Nutritional Needs** for today's athlete
- ★ **Speed & Power** – Training Benefits
- ★ **Female Athletes** - Important Tips for Training, Nutrition, & Injury Prevention
- ★ **Case Study & Results:** Ridge Girls Volleyball sports training with TEST- a proven success!

Presented by TEST Sports Performance Staff

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