

# ***On Go Speed Development***

**OGSpeed**

*with Thomas Karge*

***Certified: “Speed Specialist”***

***By: United States Track & Field Cross Country Coaches Association***

## **Professional Style Development Program**

Be ready for next phase of development

High school sports, middle school sports, club sports, travel ball  
or overall strength and fitness if not in sports

### **Days**

Wednesday and Friday

3pm-415pm

September 10, 2025 - November 14, 2025

2nd-8th Grades Boys and Girls

### **Contact**

Thomas Karge

[TKarge1@yahoo.com](mailto:TKarge1@yahoo.com)

954-815-5477

### **Pricing**

1 Athlete: \$350

2 Siblings: \$500

3 Siblings: \$600

St. Tim's Faculty Son or Daughter: Please call or text

### **Payment Options**

Venmo: @TKarge1

Zelle: 954-815-5477

