



Spartan Strength & Speed School

Coach Kyle Speer

Director Strength & Conditioning Coach
Mountain Brook High School

Coach Kyle Speer will lead 75-minute age/experience appropriate training sessions focused on proper strength and conditioning techniques. These sessions will not only educate students in proper technique, but will also increase their strength, speed, and discipline. No previous strength and condition experience is necessary.

Honored nationally for his work with student-athletes, Coach Kyle Speer joined Mountain Brook High School in the summer of 2022 as the Director of Strength and Conditioning. Coach Speer was previously the Director of Strength and Conditioning for Tulane University, Georgia Southern University, and Sam Houston State University. He has also coached at the University of Northern Iowa, Baylor University, Arizona State University, and Abilene Christian University. A Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association. Coach Speer brings over 24 years of experience in this role from the collegiate level.

Focus Age Groups:

- **Rising 7th Grade, 8th Grade, & 9th Grade Boys and Girls who attend Mountain Brook Schools**
- Each Session will be limited to specific number of participants

Details:

- **Location** - Mountain Brook High School Football Field House (drop off and pick up)
- **June 3rd through July 25th** (will not train July 1st through 5th)
- **Group 1 Session** – Monday & Wednesday – 11:00 AM to 12:15pm
- **Group 2 Session** – Tuesday & Thursday – 11:00 AM to 12:15pm
- **Cost** - \$295.00 for Summer Group 1 or Summer Group 2 Sessions
- Athletes will wear appropriate workout clothes with tennis shoes (cleats not required)
- Athletes will be required to bring water.

Please contact Kyle Speer for further details and scheduling:

Email- speerk@mtnbrook.k12.al.us

Cell: (912) 678-5286

[Click Here to Register!](#)