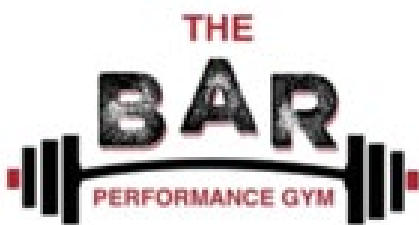


SPEED & AGILITY

with the BAR Performance Gym



Jeremy Smith is the owner of the Bar Performance Gym in Johnston, Iowa where he trains many athletes from around the metro. Jeremy has been a coach/trainer for 17 years.

He was the head strength and conditioning coach for the DSM Buccaneers for 7 years.

Jeremy played NCAA Division 2 football for University of Findlay.

He brings with him a wealth of knowledge, skill and passion.



Monday July 7 – Friday July 11

@ Merrill Field

9th-12th grade 10am - 11:30am

5th-8th grade 12:00pm – 1:30pm

\$120 per kid

A portion of the fees will go to Harlan Athletics

TO REGISTER send payment to the VENMO below. In “what’s this for” section include: athlete’s name and grade along with parent email address.

Jeremy smith

@BARPerformance



venmo

Any questions or no venmo?

Text Jeremy at 515-783-7179 or Coach Boggess at
712-579-4440