



SUPERNOVA STRENGTH

**AT
COE COLLEGE**



FREE ATHLETIC TESTING

9AM-12PM MARCH 1ST

IN THE KOHAWK WEIGHT ROOM

- SESSIONS WILL BEGIN EVERY HALF AN HOUR**
- ALL AREA YOUTH ATHLETES WELCOME**
- SEE WHERE YOU COMPARE TO OTHERS ACROSS THE NATION**
- FIND OUT WHAT YOU CAN DO TO BETTER YOUR PERFORMANCE**