



Ballard Speed Training

Organized by the Ballard's Men's Track Program and Coach Herrold

Hunter Manock

- Graduated from North Polk in 2021
 - Played Football, Basketball, Track and Baseball
- 3A 110 Hurdles State Champion - 2021
- D1 Track Athlete at University of Northern Iowa
 - 60m Hurdle Missouri Valley Conference Champion '25
- BA in Kinesiology and Exercise Science
 - Minor in Strength and Conditioning
 - Coaching Certification



Training

- Available for all athletes that are looking to improve agility, technique and speed
- Hurdle technique and form
- Sessions will be specialized for the athlete's sport and goals

Session Information

- Session length: 1 hour
- Cost:
 - 4 sessions for \$125
 - 8 sessions for \$240
 - 1-3 athletes per session
- Ages: 6th grade and up
- Location: Ballard Stadium, Huxley, IA

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