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### **Patrick mchenry | linkedin**

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Lastly, I have "101 Agility Drills" by Patrick McHenry. Definitely a lot of good stuff in that one. Kent. Donald Lee: 06-08-2012 09:37 AM: Re: Strength & Conditioning

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### **Ihrsa - patrick mchenry ma, cscs\*d, pes**

Patrick McHenry MA, Patrick has 16 years teaching/coaching experience working with youth, 101 Agility Drills Author:

### **101 agility drills: patrick mchenry, joel raether**

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### **Strength & conditioning books - crossfit**

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### **Patrick mchenry (author of 101 agility drills) -**

Patrick McHenry is the author of 101 Agility Drills (4.50 avg rating, 2 ratings, 0 reviews, published 2004) and 101 Sandbag Exercises (0.0 avg rating, 0

### **101 agility drills : patrick mchenry, joel**

101 Agility Drills by Patrick McHenry, Joel Raether, 9781585189021, available at Book Depository with free delivery worldwide.

### **Patrick mchenry | castle view high school |**

Patrick McHenry is the Director of Strength & Conditioning at Castle View High school. He designs the lifting & speed/agility programs for all the strength training

### **Coaches patrick mchenry, joel raether - coaching**

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May 03, 2011 Agility ladder training will increase speed, "101 Agility Drills"; Patrick McHenry and Joel Raether; 2004 "101 Conditioning Games and Drills for

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### **Books: 101 agility drills ( 101 drills)**

Author: Patrick McHenry, Joel Raether, Title: 101 Agility Drills (101 Drills) (Paperback), Publisher: Coaches Choice, Category: Books, ISBN: 9781585189021, Price: \$19

### **101 agility drills mchenry patrick raether joel**

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### **About us - authentic performance center**

Raether has co-authored the books 101 Agility Drills, 101 Sand Bag Exercises, Patrick McHenry Peter is the owner and sole proprietor of Authentic Performance.

### **Tools & resources**

Training for Speed, Agility, 101 Agility Drills (101 Drills) by Patrick McHenry and Joel Raether; The Complete Book of Personal Training by Douglas S. Brooks;

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Book information and reviews for ISBN:9781585189021,101 Agility Drills (101 Drills) by Patrick McHenry.

**Patrick mchenry, associate sports performance**

Patrick McHenry, MS, Patrick has 16 years teaching/coaching experience working with youth, and most recently the 101 Speed Agility Drills.

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Jul 09, 2012 Jos Adolfo Ortiz Madariaga

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