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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.

### **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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### **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

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### **Patrick mchenry | linkedin**

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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

### **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;

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

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

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

Lastly, I have "101 Agility Drills" by Patrick McHenry. - Joel Jamieson's "Ultimate MMA Conditioning" - Mike Tuscherer's "The Reactive Training Manual"

### **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

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