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### **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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## **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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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.

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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

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