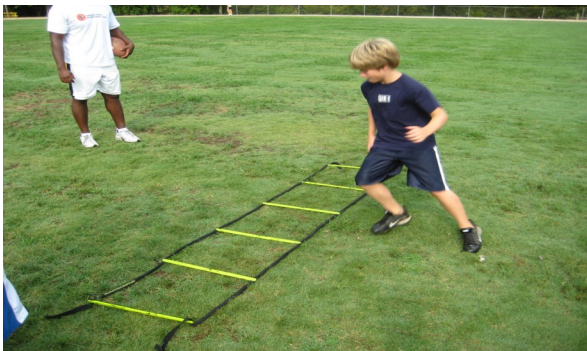


SPEED AND AGILITY GROUP TRAINING

Marc Arnone, CSCS

Eric Johnson, NFL/MLB

Speed First!!! Speed is a skill that requires a high degree of motor coordination and is a necessity in almost every sport. Therefore, it is crucial that it is developed early in an athletic career. Speed is a motor task that can be learned and improved only through practice like any other motor skill. Our clinic is designed to focus on the key areas of speed and agility development. We accomplish this by addressing and rehearsing every aspect of speed, quickness, and agility development that can occur in competition.



Description of Training:

- Establish proper footwork
- Increase Speed and Agility
- Improve First Step Movements
- Learn Explosive Lateral Quickness
- Enhance Vertical Leaping Ability
- Learn Proper Body Positioning

Cost:

YMCA Members: \$60

Non-Members: \$75

Location: James J. Harris YMCA Athletic Fields

Training Dates:

June 14, 15, 17th

July 12, 13, 15th

August 2, 3, 5th

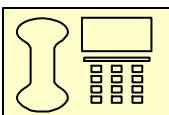
All Training sessions will be from 9am-10:30

Evening sessions will be added if training reaches capacity of 40 athletes



Contact US:

www.prescriptivefitness.com



Marc Arnone 704-607-3438 marc@prescriptivefitness.com

Eric Johnson 704-942-8750 ej@prescriptivefitness.com

Speed Wins!!!!

Name _____

Parents Name _____

Address _____

City/State/Zip _____

Email Address _____

Phone _____

Emergency Contact _____

Emergency Contact Number _____

Form of payment circle one: (Please make checks payable to Prescriptive Fitness, LLC)

Check

Credit Card

Cash

Parent consent form

I, (parent/guardian or adult athlete) having been informed of the above designated activity sponsored by Prescriptive Fitness do herewith request that said person be accepted as a participant in said activity.

In permitting the athlete to participate, I am specifically granting my permission to Prescriptive Fitness to use the likeness, name, voice and words in television, radio, film, newspaper, magazine and other media, and in any form, for the purpose of advertising or communicating the purposes and activities of Prescriptive Fitness.

If a medical emergency should arise during the athlete's participation in any Prescriptive Fitness activities, at a time when I am not personally present so as to be consulted regarding the athlete's care, I hereby authorize Prescriptive Fitness on my behalf, to take whatever measures are necessary to insure that the athlete is provided with any emergency medical treatment, including hospitalization, which Prescriptive Fitness deems advisable in order to protect the athlete's health and well-being.

I, the undersigned, am parent, guardian, athlete (own guardian), of the below specified person. I have read and fully understand the provisions of the above release and have explained them to the participant. I hereby agree that said participant and I will be bound thereby and shall defend Prescriptive Fitness and hold you harmless for any disaffirmation thereof by said participant.

I hereby give my permission for _____ to participate in the Prescriptive Fitness Speed and Agility Group Training.

Signature

Date