

THE EDGE – Speed & Agility Conditioning

Registration Form and Training Information

The next Speed & Agility Conditioning Session will start on Monday, January 9, 2012 thru Wednesday, February 22, 2012!

******* @ Western Sports Mall on Ferguson Rd. *******

Students train with their age group each session, ages range from 7 to 20 years old. Please wear gym/running shoes –bring water.

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- **7 week training session, – 5:30-6:30pm / Mon / Tues / Wed**
 - * **\$ 100.00 for 7 week session – Train any or ALL days each week !**
 - **Space limited! Sign up and make checks to Rex Currin, mail to:**
 - **Rex Currin - 2086 Earlwood Ct, Cincinnati, Ohio 45238**
 - **Questions – Call Rex @ 503-3342 or currin214@yahoo.com**
 - **Sign up sheets also found @ www.westernsportsmall.com**
 - **We will test student-athletes on 1st & last training date.**
 - **Train any or all 3 days – Monday-Tuesday and/or Wednesday**

Training Dates for – Winter Session II @ Western Sports Mall

Monday – 1/9	Tuesday – 1/10	Wednesday – 1/11
Monday – 1/16	Tuesday – 1/17	Wednesday – 1/18
Monday – 1/23	Tuesday – 1/24	Wednesday – 1/25
Monday – 1/30	Tuesday – 1/31	Wednesday – 2/1
Monday – 2/6	Tuesday – 2/7	Wednesday – 2/8
Monday – 2/13	Tuesday – 2/14	Wednesday – 2/15
Monday – 2/20	Tuesday – 2/21	Wednesday – 2/22

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- **Each student-athlete will be required to have a Medical Release form filled out, signed and returned to training staff. We provide release form.**
 - **The Edge- Speed & Agility Conditioning program consists of the following areas of speed and agility development: Lateral Speed / Straight Ahead Speed/ Over-Speed Training/Footwork Agility/ Explosive Speed Training/ Change of Direction Agility**
 - **Training sessions consist of 4 or 5 instructed circuits: Agility Ladders/Dot Pads/Parachutes/Speed Cones/ Spqr Hurdles/ Harness/Jump Ropes,etc.**

Name: _____ **Grade:** _____

School: _____ **Phone #** _____

Home address: _____ **Zip Code** _____

Email _____ **Age Group** _____

* **TEAM TRAINING – TEAMS CAN TRAIN TOGETHER ! Ask for details !!**

** **Training is progressive, students are encouraged to Train both Sessions!**