

THE EDGE – Speed & Agility Conditioning

Registration Form and Training Information

The next Speed & Agility Conditioning session will start on Monday, January 4th, 2010 and go until February 24, 2010. Sessions are Monday-Tuesday-Wednesday from 6:30-7:30pm @ a new location. Training held @ DelFair Shopping Center on Delhi Pike. We are next to Family Dollar (old JoAnn Fabrics). Students will train with their age group each session, ages ranging from 7 to 20 years old. Please wear gym/running shoes and wear sweats.

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- 8 week training session, train 1, 2, or 3x a week – 6:30-7:30pm
 - \$ 100.00 for 8 week session. (2x a week = \$6, 3x a week = \$4)
 - 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
 - Sign up sheets also found @ www.cincinnatiweststars.com
 - Please wear gym/run shoes, wear sweatshirt & pants
 - Session runs from January 4,2010 and ends February 24, 2010
 - We will test student-athletes on 1st training & last training date
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Student- Athlete can choose to train 3,2,or 1 time a week for entire 8 week session. If there is enough interest, we will run another session Spring/Summer with dates to be determined.

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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/ Sparq Hurdles/ Harness/Jump Ropes,etc.
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Name: _____ Grade: _____

School: _____ Phone # _____

Home address: _____ Zip Code _____

Email _____ Age Group _____