



# Fall Training 2009

## Speed & Agility - Jump & Agility

Fall Special:

16 Weeks @ \$400

Train up to 3 times each week!!

**Xtreme Speed** is a sports performance program designed to dramatically improve the overall athletic ability in each participant. Speed is the number one skill necessary for contending in every sport. Working on this skill at each level is important because speed will ultimately determine the highest level an athlete can compete in. Xtreme Speed can improve every athlete's speed, agility, jumping ability and strength through our secret, cutting edge program design and proper sequence of drills. In our sports performance program, each athlete will train in a positive, highly structured environment that has over ten years of proven results among individual athletes as well as entire teams, from beginners to professional athletes. Because speed is a skill just like throwing, catching, kicking or hitting, the sooner an athlete can start learning the skill and mastering the proper movement patterns the sooner they will ensure their ability to move from youth sports to high school athletics and beyond.

### Speed & Agility

**Football, Baseball, Softball, Soccer, Track, etc...**

This program focuses on the athlete's speed and agility as well as every aspect of physical performance, and will incorporate the essentials of speed training which are:

- *Dynamic Flexibility – Proper Running Mechanics*
- *Starting Technique - First Step Quickness*
- *Acceleration/Deceleration - Maximum Velocity*
- *Change of Direction - Multidirectional Movements*
- *Core Control - Muscular Balance*
- *Functional Strength*

### Jump & Agility

**Basketball, Volleyball, Tennis, Goal Keeping, etc...**

This program focuses on an athlete's jumping ability, agility and overall physical performance and will incorporate the essentials of jump training which are:

- *Dynamic Flexibility - Reaction Speed*
- *Muscular Balance - Multidirectional Movements*
- *Vertical Power - Functional Strength*
- *Acceleration/Deceleration - Core Control*
- *First Step Quickness*

Session times are limited to 16 athletes per class.

Weight Training is available for athletes ages 12<sup>+</sup>

**If you need to improve your speed, agility, and jumping ability then register NOW for guaranteed results.**

To secure your athlete's spot, send this registration form & payment to:

Xtreme Speed – 13302 Western Oak Dr. – San Antonio, TX 78023

Or Call 210-695-5842



**Athlete Information:**

(Please Print)

Name: \_\_\_\_\_

First

Last

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

(needed for registration confirmation)

Parent(s): \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

School: \_\_\_\_\_

DOB: \_\_\_\_\_ Grade: \_\_\_\_\_ M F

**Program Cost**

\$400 – 16 weeks

\$130 – 1 month

Sibling Discounts - \$80 off package price or \$100/month

**\*\*GROUP & TEAM RATES ALSO AVAILABLE\*\***

Payment plans are available.

Make Checks Payable to ***Xtreme Speed***

**Payment Plans Available**

Please contact Xtreme Speed for more information.

210-695-5842

**Please read and initial:**

\_\_\_\_\_ Full payment is required to participate. I understand there is a **\$50 non-refundable fee** for package cancellation.

\_\_\_\_\_ I also realize that sessions **MUST** be completed within the allotted time and **no additional extension will be given.**

**Indicate Desired Days & Time**

**Monday/Wednesday**

**Speed & Agility**

4pm (7-11)\_\_\_ 5pm (12+)\_\_\_ 6pm (12+)\_\_\_

**Jump & Agility**

7pm (12+)\_\_\_

**Tuesday/Thursday**

**Speed & Agility**

4pm (7-11)\_\_\_ 5pm (12+)\_\_\_ 6pm (12+)\_\_\_ 7pm (14+)\_\_\_

**Female Joint Injury Prevention** 8pm (12+) \_\_\_

**Weights Only** 8pm (12+) \_\_\_

**\*\*Xtreme Speed reserves the right to change or discontinue any class time.\*\***

**3<sup>rd</sup> Day Workouts or Make-up are Fridays & Saturdays by reservation only.**

**FRIDAY: Speed & Agility 4pm, 5pm**

**SATURDAY: Speed & Agility or Jump & Agility 11am**

I hereby waive and release for myself and my heirs, any and all rights or claims I may have against Xtreme Speed Human Performance Center, any school or facility in which Xtreme Speed Human Performance Center programs are conducted and each of their respective agents, employees, servants, officers, directors, and representatives, for injury or illness arising from a program or site connected with my son/daughter's participation in Xtreme Speed Human Performance Center programs. I further agree to identify and hold harmless of each said persons or property, which may arise by virtue of my child's participation in Xtreme Speed Human Performance Center classes.

\_\_\_\_\_  
**Parent/Guardian Signature**

\_\_\_\_\_  
**Print Name**

\_\_\_\_\_  
**Date**

**Office Use Only**

Method of Payment

Cash: \$ \_\_\_\_\_

Check: \$ \_\_\_\_\_

# \_\_\_\_\_

Credit: \$ \_\_\_\_\_

Staff: \_\_\_\_\_