



Winter Training 2009

Speed & Agility - Jump & Agility

Winter Special:

10 Weeks @ \$325

6 Weeks @ \$180

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

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

\$325 – 10 weeks

\$180 – 6 weeks

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+)___ 7pm (12+)___

Jump & Agility

7pm (12+)___

Tuesday/Thursday

Speed & Agility

4pm (7-11)___ 5pm (12+)___

6pm (12+)___ 7pm (14+)___

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

3rd 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: _____