



Summer Training 2009

Speed & Agility Jump & Agility

at

Premier Sportsplex

June 8 – August 15

Buy 8 Weeks @ \$250 (Early Bird) and Receive 2 Additional Weeks FREE!

For All Incoming 7th - 12th Grade Athletes

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

Training times will fill up fast so If you need to improve your speed, agility, and jumping ability then get registered NOW for guaranteed results.

To secure your athlete's spot send this registration form & payment to:
Premier Sportsplex 9000 Memphis Ave. Lubbock, TX 79423 806-771-4263
www.xtremespeedhpc.com



Athlete Information:

Name: _____

First (print) Last (print)

Address: _____

City: _____ Zip: _____

Telephone: _____

Email: _____
(needed for registration confirmation)

Parents: _____

Emergency Contact: _____

Emergency Phone: _____

School: _____

DOB: _____ Grade: _____ M F

Payment Information:

Program Cost

\$250 Early Bird Special on or before April 15, 2009

\$275 on or before May 15, 2009

\$300 after May 15, 2009

GROUP RATES & FAMILY DISCOUNTS AVAILABLE

Make Checks Payable to **Premier Sportsplex**
You may pay with a credit card at **Premier Sportsplex**.

Payment Plans Available

\$ 250 3 Payments of \$84 on or before Apr. 15th, May 1st, Jun.1st

\$ 275 2 Payments of \$138 on or before May 15th, Jun.1st

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

9am ___ 11pm ___ 1pm ___ 4pm ___ 6pm ___

Jump & Agility

10am ___ 12pm ___ 5pm ___ 7pm ___

Tuesday/Thursday

Speed & Agility

10am ___ 12pm ___ 5pm ___ 7pm ___

Jump & Agility

9am ___ 11am ___ 1pm ___ 4pm ___ 6pm ___

3rd Day Workouts or Make-up are Fridays & Saturdays by reservation only.

Friday Speed & Agility 9am, 11am, 1pm, 5pm **Friday** Jump & Agility 10am, 12pm, 4pm, 6pm

Saturday Speed & Agility 11am **Saturday** Jump & Agility 12pm.

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.

Parent/Guardian Signature

Print Name

Date

Office Use Only

Method of Payment

Cash: \$ _____

Check: \$ _____

Credit: \$ _____

Staff: _____