



# Summer Training 2010

## Speed & Agility Jump & Agility

at

*Premier Sportsplex*

June 7 – August 14

**Buy 8 Weeks @ \$250 and Receive 2 Additional Weeks FREE!**

**For All Incoming 7th - 12<sup>th</sup> Grade Athletes**

**Successful athletes rarely "just happen."**

On the contrary, they are the result of a clear and definite approach to their athletic development, under the guidance of those skilled at bringing out the very best in the athletes they train.

**Xtreme Speed** is a sports performance program for the athlete that is **dedicated, highly motivated and wants to get better**. The program is 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 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.

### Training Programs

#### Speed & Agility

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

This program focuses on an athlete's speed and agility and every aspect of physical performance as well as strengthening the hips, knees and ankles to substantially reduce the risk of injury and will incorporate the following

- *Dynamic Flexibility - Proper Running Mechanics*
- *Starting Technique - First Step Quickness*
- *Reaction Speed - Change of Direction*
- *Multidirectional Movements - Acceleration/Deceleration*
- *Isolated / Multi Joint Strengthening - Muscular Balance*
- *Core Control*

#### Jump & Agility

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

This program focuses on an athlete's jumping ability, agility and overall physical performance as well as strengthening the hips, knees and ankles to substantially reduce the risk of injury and will incorporate the following

- *Dynamic Flexibility - Vertical Power / Plyometrics*
- *Reaction Speed - First Step Quickness*
- *Multidirectional Movements - Acceleration/Deceleration*
- *Proper Landing Mechanics*
- *Isolated / Multi Joint Strengthening*
- *Muscular Balance - Acceleration/Deceleration*
- *Core Control*

### Space Is Limited

**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](http://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

**Indicate Desired Days & Time**

**Monday/Wednesday**  
**Speed & Agility**  
 9am \_\_\_ 10am \_\_\_ 11am \_\_\_ 1pm \_\_\_ 4pm \_\_\_ 6pm \_\_\_  
 (limited to 12 athletes per group)  
**Jump & Agility**  
 12pm \_\_\_ 5pm \_\_\_ 7pm \_\_\_

**Tuesday/Thursday**  
**Speed & Agility**  
 10am \_\_\_ 12pm \_\_\_ 5pm \_\_\_ 7pm \_\_\_  
 (limited to 12 athletes per group)  
**Jump & Agility**  
 9am \_\_\_ 11am \_\_\_ 1pm \_\_\_ 4pm \_\_\_ 6pm \_\_\_

**3<sup>rd</sup> Day Workouts or Make-up are Fridays & Saturdays by reservation only.**  
**Friday** Speed & Agility 9am, 11am, 1pm, 5pm  
**Friday** Jump & Agility 12pm, 4pm, 6pm  
**Saturday** Speed & Agility 11am  
**Saturday** Jump & Agility 12pm.

**Office Use Only**  
 Method of Payment

Cash: \$ \_\_\_\_\_ Check: \$ \_\_\_\_\_ # \_\_\_\_\_

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

**Payment Information:**

**Program Cost**  
**\$250**

\*\* FAMILY DISCOUNTS AVAILABLE\*\*

2<sup>nd</sup> Child- \$220 3<sup>rd</sup> Child-\$190 4<sup>th</sup> Child-\$160

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

**Payment Plans Available**

3 Payments of \$84 on or before Apr. 15<sup>th</sup>, May 1<sup>st</sup>, Jun.1<sup>st</sup>  
 2 Payments of \$125 on or before May 15<sup>th</sup>, Jun.1<sup>st</sup>

**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**.

**Athlete Contract**

I agree to commit myself to the Xtreme Speed training program. By signing this contract, I am dedicating myself to train with the mental focus and physical intensity that will allow me to improve. I understand that my commitment to the training will determine my results. I also pledge to try my best to attend each Xtreme Speed session as scheduled. I realize that my coach reserves the right to dismiss me from class if I am unwilling to train with the mental focus and physical intensity that will allow me to improve, or if I become disruptive during the training session.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 (Athlete's Signature) (Date)

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 (Parent Signature) (Date)

**Waiver of Liability**

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