

SPEED AND AGILITY TRAINING

Presented by:



Calling all athletes entering grades 6-12 in the 2024/2025 school year. Set yourself up to succeed before your season begins and get the edge on your competition.

INCREASE PERFORMANCE. REDEFINE ATHLETICISM.

Athletes will learn and engage in speed and quickness drills while partaking in exercises designed to specifically improve agility and strength. Pinpointed training will give focused athletes a jump start on their competition as they head into their fall sports season and beyond.

To register, return this form along with payment to the:
Assumption Athletic Department by June 3rd, 2024
Checks payable to: Assumption Athletics

2024 SPEED & AGILITY CLINIC ATHLETE REGISTRATION

Boys Clinic Dates:

Monday, Tuesday, Wednesday / June 10th—July 19th
Time: 7:00-7:45a.m.

Girls Clinic Dates:

Tuesday, Wednesday, Thursday / June 24th - August 2nd
Time: 7:00-7:45a.m.

Cost: \$50.00

Please register by Monday, June 3rd.

**Same day or late participants will be accepted, however we greatly appreciate on-time registrations to help us prepare the best possible clinic experience. Return registration & payment to the Assumption Athletic Office.*

Athlete Name _____

Grade entering 2024-2025 school year: 6 / 7 / 8 / 9 / 10 / 11 / 12

Payment included ___Cash / ___Check (payable to: Assumption Athletics)

Emergency Contact Information

Name: _____

Relationship to athlete: _____

Best phone # to call: _____

Please include any information you would like us to be made aware of (ie: allergies/asthma)