



CENTRAL JERSEY LACROSSE

CLASS REGISTRATION INFO

SPEED & AGILITY TRAINING

2 DAYS PER WEEK

TUESDAY &
THURSDAY 5PM – 6:15PM

8 WEEKS

\$160

75MIN SESSIONS

OFFER ONLY VALID FOR CENTRAL JERSEY LAX PLAYERS

Cannot be combined with any other offer!

TRAINING WILL BEGIN

DEC 16th 2014

TUESDAY @ 5:00PM SHARP!

PLEASE ARRIVE A FEW MINUTES PRIOR TO HAND IN
REGISTRATION INFORMATION & PAYMENTS

CLASS WILL COVER:

- Linear & multi-directional aspects of running.
- Explosive power & acceleration mechanics.
- Football specific lateral movement skill
 - Core strength & stability
- Mobility & flexibility to maximize stride length & frequency
 - Foot quickness & elasticity
 - And more.....

WE ASK

- Our athletes/clients to respect our facility, Good Sports facility (including bathrooms, locker rooms, fields & equipment) & mostly YOUR team!
- Please arrive on time (as a team) so that training time can be MAXIMIZED.
 - Be PREPARED to work out!
 - NO CELL PHONES ALLOWED
- Give Key 2 staff and coaches RESPECT and ATTENTION at ALL TIMES.

Due to the high volume of people that will be in Good Sports this time of year, we may rotate between fields (of which there are 3). Please be sensitive to this and be prepared to workout in any environment! Thank you in advance!

I, _____ assume any and all risks related to the club facilities. I agree to hold KEY 2 Sports Training, its shareholders, directors, officers, employees, representatives, and agents harmless from any and all loss, claim, injury, damage, or liability sustained or incurred. I also grant KEY 2 Sports Training advertising agents the right to record by means of video, still and digital photography, my name, voice, and likeness and I grant the producer of the footage worldwide for such use as KEY 2 Sports Training deems fit for business purposes. Parent or guardian signature

here _____ date ____/____/____