



# 13 Week Speed and Agility Class

Speed is not just genetics, as was once thought; speed is a skill, and skills can be improved. Our 2 day a week for 13 weeks program will help ingrain the proper biomechanics, flexibility, and core strength necessary to increase speed. Our goal is to help young athletes maximize their performance in their sport by increasing speed. This 13 week program will help prepare you for your up coming season. We guarantee it!

- Improve speed, agility and balance • Build confidence and self esteem
- Increase foot-speed and lateral quickness • Improve core strength
- Improve running biomechanics • Increase flexibility

<b>September - December</b>	Monday (6-7 pm)	9-26	10-3	10-10	10-17	10-24		11-7
	Wednesday (6-7 pm)	9-28	10-5	10-12	10-19	10-26	11-2	11-9
	Monday (6-7 pm)	11-14	11-21	11-28	12-5	12-12	12-19	
	Wednesday (6-7 pm)	11-16	11-23	11-30	12-7	12-14	12-21	

PLEASE RETURN THE FORM TO BALLS-N-STRIKES

**Balls-n-Strikes**

19894 W Kellogg Suite C

Goddard, KS 67052

P: 316.550.6427

\$295 per player

10:1 player to instructor ratio

13 consecutive weeks



## 13 Week Training Class

www.bnssports.us

Send completed form with check or credit card info to Balls-n-Strikes.

Name \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone H \_\_\_\_\_ Phone W \_\_\_\_\_

Phone C \_\_\_\_\_ Email \_\_\_\_\_

Parent/Guardian Name & Signature \_\_\_\_\_

I hereby authorize the director of the Balls-n-Strikes camp to act for me according to his/her best judgment in an emergency requiring medical attention. I know of no mental or physical problems, which might affect my child's ability to safely participate in this camp. I will be responsible for any medical or any other charges in connection with his attendance at camp. I agree to abide by the rules and regulations of the camp.

Credit Card # (MC, VISA, Discover) \_\_\_\_\_ Exp \_\_\_\_/\_\_\_\_

Credit Card Signature \_\_\_\_\_

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