

**Get STRONGER!**

**Get FASTER!**



## **All Sport Speed and Agility Training**

When: Saturday Mornings

Time: 9:00am - 10:00am

Where: Balls-n-Strikes Fenton

Cost: \$20 a week or 6 for \$100.00

*Improve your speed, agility, endurance, and conditioning*

*Improve your ability to accelerate and decelerate*

*Improve your overall running form/mechanics*

**Sixty-minute session includes dynamic warm-up,  
power/plyometric exercises, strength/balance exercises,  
agility drills, and running/conditioning**

### **6 Week Speed & Agility Training**

Send completed form with check or credit card info to: Balls-n-Strikes Fenton • 601D Gravois Bluffs Blvd. • Fenton, Mo 63026 • 636-343-2230 • [www.bnssports.us](http://www.bnssports.us)

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

Address \_\_\_\_\_

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

Phone C \_\_\_\_\_ Phone H \_\_\_\_\_

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 \_\_\_\_\_ / \_\_\_\_\_ 3 Digit Code \_\_\_\_\_

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

