



VIPER TRAINING

Enhanced Speed Development

Take the next step to becoming a better athlete. The importance of speed, agility, quickness and explosion are becoming more and more critical to athletes in every sport. Athletes who have the ability to quickly and precisely move their body in an explosive manner in every direction will have a huge advantage over their competition. Do you have this ability? Do you want to develop and enhance this ability? Do you have an edge on your competition? Do you want that edge?

Linear (Straight Ahead) Speed - Whoever said speed can't be taught, you are born with it was simply incorrect. Speed is a skill that can be improved. By focusing on muscle balance, total body strength, joint stability, neuromuscular control, reaction time and running mechanics you can and will become a faster athlete.

Agility - Focuses on your ability to accelerate, decelerate, stabilize your body and quickly and dynamically change directions without the loss of body control and posture. If you can do all of these things efficiently you will maximize your ability to change direction quicker than your opponent. This component is equally if not more important than linear speed in most sports.

Quickness - Focuses on your ability to react to visual and auditory cues with little or no hesitation. This is a major part of every sport because every sport involves an athlete reacting off of what their opponent did or is going to do. If you can improve your quickness, you will be one step ahead of the competition.

This training program is designed to get an athlete to a peak performance level.

*Athletes that are "let go" will not receive a refund on training.

Ages: 9 - 18

Where: Pontiff Playground

Time: 5:30 - 7:30pm

Dates: Session I: May 21 - 31 (8 sessions, M-TH); \$320 **Early Bird \$192**

Session II: June 4 - 21 (12 sessions, M-TH); \$430 **Early Bird \$258**

Session III: June 25 - July 19 (12 sessions, M-TH); \$430 **Early Bird \$258**

Sign up for session I & II or I & III and pay \$600 **Early Bird \$450**

Sign up for all 3 sessions for only \$770 **Early Bird \$650**

Minimum 6 athletes per session

Minimum 6 athletes per session. Credit card payments now accepted through PayPal. If interested in paying by credit card please let us know and we will bill you via email. Additional \$10 for credit card payments.

www.teamxyg.com

504-915-9716

Athlete Participation Application and Agreement

Please Print Clearly (all information must be filled in)

General Information

Date: _____

Athlete Name: _____ Date of Birth: _____

T-shirt Size: _____ (YS, YM, YL, AS, AM, AL, AXL)

Height: _____ Weight: _____ School/College: _____ Coach: _____ Team: _____

Address: _____

City: _____ State: _____ Zip: _____ Referred By: _____

Phone: _____ E-Mail: _____ Sports: _____,

Parent/Guardian Information (if athlete is under 18 years of age)

Name: _____ Employer: _____ Phone (Work) _____

(Cell) _____ E-Mail: _____ T-shirt Size: _____

Name: _____ Employer: _____ Phone (Work) _____

(Cell) _____ E-Mail: _____ T-shirt Size: _____

Emergency Contact: Name: _____ Relationship to Athlete: _____

Address: _____ City _____ State _____ Zip _____

Phone: (H) _____

(W) _____

Participant's Goals _____

Parent's Goals _____

____ I do not allow my son/daughter to appear in pictures for brochures and/or Team Xcelerate web site. (Child's name will not be used)

AGREEMENT

In Agreement made this _____ day of _____ 2007, by and between _____

(Client) and _____ Team Xcelerate. (Sports Trainer), the Client hereby joins

Team Xcelerate, to train and compete in track & field, x-country and indoor track. The training will

consist of proper warm-ups, stretching, track & field event training.

Client will save and hold harmless Team Xcelerate, its officers and representatives from any liability

whatsoever with respect to injuries that may occur while under the directions and training of Client. Client certifies that they are in good physical condition and can participate in the training sessions.

Team Xcelerate™

Client



A Member Club of the AAU

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