



Speed & Agility Jump & Agility

At

Premier Sportsplex

For All 6th - 12th Grade Athletes

Train up to 3 times a week for \$89 per month
(month to month program)

Successful athletes rarely "just happen."

On the contrary, they are the result of a clear and definite approach to their athletic development, under the guidance of those skilled at bringing out the very best in the athletes they train.

Xtreme Speed is a sports performance program for the athlete that is **dedicated, highly motivated and wants to get better**. The program is designed to dramatically improve the overall athletic ability in each participant. Speed is the number one skill necessary for contending in every sport. Working on this skill at each level is important because speed will ultimately determine the highest level an athlete can compete in. Xtreme Speed can improve every athlete's speed, agility, jumping ability and strength through our cutting edge program design and proper sequence of drills. In our sports performance program, each athlete will train in a positive, highly structured environment that has over ten years of proven results among individual athletes as well as entire teams, from beginners to professional athletes. Because speed is a skill just like throwing, catching, kicking or hitting, the sooner an athlete can start learning the skill and mastering the proper movement patterns the sooner they will ensure their ability to move from youth sports to high school athletics and beyond.

Training Programs

Speed & Agility

Football, Baseball, Softball, Soccer, Track, etc...

This program focuses on an athlete's speed and agility and every aspect of physical performance as well as strengthening the hips, knees and ankles to substantially reduce the risk of injury and will incorporate the following

- Dynamic Flexibility - Proper Running Mechanics
- Starting Technique - First Step Quickness
- Reaction Speed - Change of Direction
- Multidirectional Movements - Acceleration/Deceleration
- Isolated / Multi Joint Strengthening - Muscular Balance
- Core Control

Jump & Agility

Basketball, Volleyball, Tennis, Goal Keeping, etc...

This program focuses on an athlete's jumping ability, agility and overall physical performance as well as strengthening the hips, knees and ankles to substantially reduce the risk of injury and will incorporate the following

- Dynamic Flexibility - Vertical Power / Plyometrics
- Reaction Speed - First Step Quickness
- Multidirectional Movements - Acceleration/Deceleration
- Proper Landing Mechanics
- Isolated / Multi Joint Strengthening - Muscular Balance
- Core Control

Space Is Limited

To secure your athlete's spot bring registration form to **Premier Sportsplex**

9000 Memphis Ave, Lubbock, TX 79423 806-771-4263

www.xtremespeedhpc.com



Registration



Athlete Information:

Name: _____
 First (print) Last (print)
 Address: _____
 City: _____ Zip: _____
 Telephone: _____
 Email: _____
 Parents: _____
 Emergency Contact: _____
 Emergency Phone: _____
 School: _____
 DOB: _____ Grade: _____

Program Cost

\$89 per month

** FAMILY DISCOUNTS
AVAILABLE**

2nd Child- \$69 3rd Child-\$59

Indicate Desired Days & Time

(select one training time)

Monday/Wednesday

Speed & Agility

4:30pm ___ 6:30pm ___

(limited to 12 athletes per group)

Jump & Agility

5:30pm ___ 7:30pm ___

Tuesday/Thursday

Speed & Agility

5:30pm ___ 7:30pm ___

(limited to 12 athletes per group)

Jump & Agility

4:30pm ___ 6:30pm ___

3rd Day Workouts or Make-up are Fridays & Saturdays by reservation only.

Friday Speed & Agility 4:30pm

Friday Jump & Agility 5:30pm

Saturday Speed & Agility 11am

Saturday Jump & Agility 12pm.

Medical Information

Do you have asthma: Yes / No
 If yes, do you use an inhaler? Yes / No
 Do you have any orthopedic problems? Yes / No
 If yes, explain _____
 Do you have any cardiovascular problems? Yes / No
 If yes, explain _____
 Do you have any pulmonary problems? Yes / No
 If yes, explain _____
 Do you have Diabetes? Yes / No
 Do you have Hypo/Hyperglycemia? Yes / No
 Do you have any other medical conditions? Yes/ No
 If yes, explain _____

Waiver of Liability

I hereby waive and release for myself and my heirs, any and all rights or claims I may have against Xtreme Speed Human Performance Center, any school or facility in which Xtreme Speed Human Performance Center programs are conducted and each of their respective agents, employees, servants, officers, directors, and representatives, for injury or illness arising from a program or site connected with my son/daughter's participation in Xtreme Speed Human Performance Center programs. I further agree to identify and hold harmless of each said persons or property, which may arise by virtue of my child's participation in Xtreme Speed Human Performance Center.

Parent/Guardian Signature

Print Name

Date

Athlete Contract

I agree to commit myself to the Xtreme Speed training program. By signing this contract, I am dedicating myself to train with the mental focus and physical intensity that will allow me to improve. I understand that my commitment to the training will determine my results. I also pledge to try my best to attend each Xtreme Speed session as scheduled. I realize that my coach reserves the right to dismiss me from class if I am unwilling to train with the mental focus and physical intensity that will allow me to improve, or if I become disruptive during the training session.

(Athlete's Signature)

_____/_____/_____
(Date)

(Parent Signature)

_____/_____/_____
(Date)

Office Use Only
Method of Payment

Cash: \$ _____ Check: \$ _____ # _____ Credit: \$ _____ Staff: _____