

GAME 7
SPEED AGILITY AND STRENGTH TRAINING
STAMINA, SPEED, STRENGTH, SKILL, SPIRIT

Speed, Agility and Strength are very important components needed for an athlete to excel at their sport at a high level. Many sports require the individual to have a quick first step, the ability to change direction, instant reaction time, speed, power, flexibility, and endurance. Join us as we guide you through a combination of plyometrics, speed training, agility exercises, stretching and conditioning drills. Regardless of which sports you play, everyone benefits from being more explosive, quicker, and having better footwork.

6 Week Program (Tuesday or Thursday Evenings)

When: Begins Tuesday October 10th OR Thursday, Oct. 12th
Grades 3rd - 8th 7pm-8pm
High School Athletes please email for special time

Location: Held at Holy Redeemer Gym, 87 Pine Street, Freeport, 11520
 (entrance to the gym is through the parking lot on S. Ocean Ave)

Cost: \$130 6 sessions or \$240 for 12 sessions

Email info@game7sports.com for additional information
FOR INFO ON ALL GAME 7 PROGRAMS PLEASE VISIT OUR WEBSITE:
WWW.GAME7SPORTS.COM
Students should drink plenty of water before class.

(Please make checks payable to Game 7 Sports Inc)

To enroll: Please fill out the form and mail to: Game 7 Sports 29 Marvin Ave Rockville Centre, NY 11570

Player’s Name: _____ Grade: _____ Phone: _____
 Last First

Address: _____

Check Program Attending: Night: Tuesday _____ Thursday _____ Sport: _____

Email: _____
 (Please provide for correspondence & confirmation)

School: _____ Emergency Contact: _____

I understand that any player who does not abide by the rules and regulations promulgated by Kinetic Energy is subject to dismissal without reimbursement or recourse. Kinetic Energy will not be responsible for injury or illness if same was not caused through fault of Kinetic Energy. I hereby authorize the directors to act accordingly for me according to their best judgment in any emergency if I cannot be contacted.

Date: _____ Parent/Guardian signature: _____ spdoct17