

Laker Speed and Agility

Objective: To improve overall speed and agility of our athletes.
Decrease chances of injury through proper weight room/resistance training by achieving muscle balance.
Improve overall cardiovascular fitness, muscle strength and power

Expectations: Athletes will be expected to attend Monday – Thursday from 3:20-4:20 o'clock. Two days per week will be dedicated specifically to speed training and agility work and two days will be spent in the weight room. Athletes are expected to be on time, dressed in proper workout attire, and complete every workout to the best of their ability. If athletes miss a workout session they must contact the coach to receive the workout for the session missed and receive instruction on what they missed. Each workout will build upon the other therefore it is imperative that athletes are present in order to stay caught up with the group. This session will run from Monday, January 4th – Thursday, February 25.

Cost: \$20 must be paid to the BHS bookkeeper and receipted as **Speed & Agility Training** (Includes t-shirt upon completion of the program). Receipt then must be given to a coach. Proceeds will go towards weight room and speed & agility equipment.

Location: Bonneville High School senior hall/Weight room

Invited: All athletes interested in improving their overall athletic ability (grades 8-12)

I, the parent/guardian of the below-named participant, hereby acknowledge that my child is in good general health and capable of enduring strenuous physical activity. I hereby give my approval for my child to participate in any and all warm-ups, skills, activities, and drills both individually and in team activities. I understand and hereby give my approval for, and assume any and all risk of my child's participation in and use of various playing surfaces, equipment, and conditions, including, but not limited to, bags, carpet, track surface, weight-room activities, basketball courts, dirt, and/or mud and I hereby acknowledge and understand that said surfaces may be regular or very irregular. I hereby authorize the coaching staff or athletic trainer, during this speed and agility session at Bonneville High, to act for me according to their best judgment in anything requiring medical attention for any injuries that are sustained by participant(s) during the workout session until a parent/guardian is contacted. I hereby authorize coaching staff to act on my behalf in accordance with their best judgment in case of an emergency, and agree to assume full responsibility for all medical expenses that may arise therefrom.

Please complete ALL INFO BELOW:

Parent/Guardian Name: _____ Parent/Guardian Signature: _____

Participant's Name: _____ Age: _____ Grade: _____ School: _____

Circle shirt size for T-Shirt order (Adult sizes: 3X 2X XL L M S)

Best phone number to reach you in the event of an emergency: _____

Name of insurance company: _____ Policy Number: _____

**** There will be no refunds if you decide not to attend. ****