



**2018 TIGER POWER AND SPEED  
YOUTH PROGRAM**

**OVERVIEW:**

**THIS PROGRAM WILL FOCUS ON THE FUNDAMENTALS OF SPEED AND AGILITY DYNAMICS AS WELL AS WORKING ON PROPER TECHNIQUE FOR CORE LIFTS IN THE WEIGHT ROOM. THE ATHLETES WILL WORK WITH THE EHS FOOTBALL STAFF TO GET FASTER AND MORE POWERFUL WHILE FOCUSING ON THE CORRECT WAY TO DO SO. THIS IS OPEN TO ALL 4<sup>TH</sup>-8<sup>TH</sup> GRADE BOYS AND GIRLS REGARDLESS OF SPORTS THEY WILL PLAY DURING THE SCHOOL YEAR.**

**COST: \$50 PER ATHLETE (DOES INCLUDE THE COST OF T-SHIRT AT THE END OF SUMMER)**

**WHEN: STARTING MAY 29<sup>TH</sup> AND ENDING JULY 24<sup>TH</sup>  
MONDAY-TUESDAY-THURSDAY. 900AM-1000AM**

**ALL ATHLETES WILL MEET AT 900AM AT THE EHS TRACK FOR WARM-UP AND THEN BREAK UP FOR SPEED/AGILITY WORK AND TECHNIQUE WORK IN EHS WEIGHT ROOM.**

**PLEASE MAKE CHECKS TO MARC MARINELLI AT EHS**

Name: \_\_\_\_\_ Class (circle one): 4<sup>th</sup>-5<sup>th</sup>-6<sup>th</sup>-7<sup>th</sup>-8<sup>th</sup>

Shirt Size: \_\_\_\_\_ \*note if youth size

Parent Phone Number: \_\_\_\_\_

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**ASSUMPTION OF RISK**

I give my permission for my child to participate in the Youth Power and Speed Program knowing that it will contain rigorous physical activity that could lead to injury. To the best of my knowledge my child is physically capable of performing rigorous physical activity.

\_\_\_\_\_  
Parent or Guardian Signature

Date \_\_\_/\_\_\_/\_\_\_