



VALLEY
ATHLETICS
 TENNIS • TURF SPORTS • FITNESS

Speed School

Who: Boys & Girls
 Ages 9-13
 Ages 14-Adult

Where: Indoor Track & Turf
 Valley Athletics
 720 E. Shady Ln. Neenah

Session Dates:

***Ages 9-13**

Tuesday, October 10 5-6pm
 Tuesday, October 17 5-6pm
 Tuesday, October 24 5-6pm
 (no class Oct. 31)
 Tuesday, November 7 5-6pm

***Ages 14-Adult**

Thursday, October 12 5-6pm
 Thursday, October 19 5-6pm
 Thursday, October 26 5-6pm
 Thursday, November 2 5-6pm

Cost: \$60/Athlete

Register at the front desk of Valley Athletics by Oct. 5th.

Information & Contact: Alec Jensen
 Alec.valleyathletics@gmail.com

Limited to a maximum of 6 participants/session. Minimum of 3 participants for session to run.



This 4-week program is led by personal trainer Alec Jensen, and focuses on creating better runners by teaching them proper running mechanics. While the name implies speed, it focuses on all aspects of running. For example, top speed, acceleration, change of direction and total conditioning.

This program can help athletes become more efficient in a variety of ways. This program can help with how to properly accelerate and decelerate, how to plant to properly cut, how to maximize top speed, how to master the forward leans in short distance running and how to get the most out of your distance run.

At the end of the last session, each participant will walk away with a special introductory coupon for a discounted personal training package if you want to take your fitness to the next level with more guidance.

Registration Form

_____/_____/_____(____)_____
 Child's First Name Child's Last Name Date of Birth Age Phone Email

_____(____)_____-_____
 Address City State Zip Code

_____(____)_____-_____
 Parent's First and Last Name (please print) Phone Program Title: _____

Payment required at time of registration.
Method of Payment (Circle One): Cash Check Master Card Visa Member Account **Amount Paid or Charged to Member Account \$** _____

_____/_____/_____/_____
 Credit Card # Exp.

WAIVER

I understand that acceptance of my registration is without assumption of responsibility of any kind by employees of Valley Athletics. In consideration of the acceptance of my registration, I do forever release and discharge the foregoing form any and all claims for damages; losses or injuries that I may suffer in connection with Valley Athletics, including those, which arise out of ordinary negligence.

_____/_____/_____
 PARENT/GUARDIAN SIGNATURE DATE