



G7 FITNESS

FREE SPEED & AGILITY CLINIC

Speed and agility are two very important components for an athlete to excel at there 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. Through our intense program we will challenge every athlete physically and mentally. We will challenge you to train with intensity, passion, with a mindset, with a purpose, but most importantly with a goal. If you're an athlete who wants to succeed in your youth sports programs, join the movement. If you're an athlete who wants to make varsity and stand out form the competition, join the movement. If you're an athlete who has aspirations of playing collegiate sports or playing professionally, join the movement. Even if you do not want to compete in athletics and just want to train, join the movement. Get fast, get strong, get it done!

- When:** Saturday August 15th, 2009 & Saturday August 22nd, 2009
- Time:** (4th-6th) 9-10am ** (7th-8th) 10:15-11:15am ** (9th-12th) 11:30am-12:30pm
- Where** G7 Gym At St. Mark's Church
200 Hempstead Avenue
Rockville Centre, NY 11570
- Who** Male & Female Athletes Grades 4-12th (Walk-Ins Allowed)
- Cost** \$5 Insurance Fee

To enroll: Please fill out the form and mail to Game7 Sports 29 Marvin Avenue Rockville Centre, NY 11570

Player's Name: _____ Grade: _____ Phone: _____

Address: _____ Email: _____

School: _____ Emergency Contact: _____

I understand that any player who does not abide by the rules and regulations promulgated by Game 7 is subject to dismissal without reimbursement or recourse. Game 7 will not be responsible for injury or illness if same was not caused through fault of Game 7. 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: _____

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