



**Elevate Your Game
Maximize Your Potential**



SPEED & AGILITY TRAINING

Speed and agility are two very important components 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, stretching and conditioning drills. Regardless of which sports you play, everyone benefits from being more explosive, quicker, and having better footwork. Elevate your game and maximize your potential with Kinetic Energy.

FOR INFO ON ALL KINETIC ENERGY PROGRAMS PLEASE VISIT OUR WEBSITE:

WWW.KENERGYFITNESS.COM

Email us at info@kenergyfitness.com for additional information

6 Week Program (Sunday Evenings)

ROCKVILLE CENTRE: St Mark's Gymnasium 200 Hempstead Ave RVC, NY 11570

Begins Sunday March 21st – May 2nd

Grades 3rd-6th 3-4pm * 7th-8th 4:05-5:05pm * 9th-12th 5:10-6:10pm

Cost \$125

(Please make checks payable to Kinetic Energy)

To enroll: Please fill out the form and mail to Kinetic Energy 46 Parma Rd Island Park, NY 11558

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

Address: _____
Street town zip

Email: _____ Sport: _____
(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: _____