

Speed & Agility

TRAINING

THE EDGE @ River's Edge

Improve Change of Direction Skills & Speed @ River's Edge with The Edge & Rex Currin!

- **\$175 per 7 week session (7-18yrs old)**
- **Acceptable form & payment method:**
- **Mail, scanned or e-mailed Form that must include your payment**
- **Venmo or Check-see below**
- **Please wear gym shoes**
- **Medical Release form required**
- *Lateral Speed, Straight Ahead Speed, Over-Speed Training, Footwork Agility, Explosive Speed Training, Change of Direction Agility*
- *Training sessions consist of 4 or 5 instructed circuits: Agility Ladders, Dot Pads, Parachutes, Speed Cones, Sparg Hurdles, Harness, Jump Ropes*
- *Plyometric Box Jump Drills for Jr. High & older*
- *Students will be tested on 1st & last day of training session*

Please Select Session (2 sessions offered at River's Edge):

- Session 2 (5:00 - 6:00 pm)** Jan. 10, 12, 17, 19, 24, 26, 31 and Feb 2, 7, 9, 14, 16, 21, 23
- **Best results training 2x a week for 7 weeks (14 vs 7 workouts) is optimal**
- **TRAIN 2X A WEEK \$175 ~ TRAIN 1X A WEEK \$100 IF 1X A WEEK ~ If 1 day list _____**

Name _____ School _____ Grade _____ Age _____

Address _____ City/State/Zip _____

Phone _____ Email _____

Please make checks payable to **Rex Currin** (2086 Earlwood Ct. 45238)

Venmo-@Rex-Currin

Any questions, contact Chris or Rex:
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Rex Currin: 513.503.3342 / currin214@yahoo.com



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January~February