

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 training session(7-18yrs old)
- *COVID-19-Limit 60 students to sign up
- 5 Groups of 12 students-for Social Distancing per station
- Students spaced minimum of 3 feet apart
- Please wear gym shoes
- Medical Release form PROVIDED

- 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

LIMITED TO 1st 60 SIGNUPS ONLY!

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

- Training Session Beginning ~ Tuesday 1/12 ~ 6:00-7:00pm Tuesdays/Thursdays
- Jan. ~ 12, 14, 19, 21, 26, 28 FEB. ~ 2, 4, 9, 11, 16, 18, 23, 25 (Must Have Sign-up form/Fee by 1/5/21)

Name _____ School _____ Grade _____ Age _____

Address _____ City/State/Zip _____

Phone _____ Email _____

Please make checks payable to **Rex Currin** (2086 Earlwood Ct. 45238)
or Venmo@Rex-Currin

Any questions, contact Chris or Rex:

Chris Mitchell: 513.264.1775 / chrism@riversedgeindoor.com

Rex Currin: 513.503.3342 / currin214@yahoo.com



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June/July • Nov/Dec • Jan/Feb

