

Speed Play



Speed and Agility Clinic

June 18-21 and June 25-28 -- More dates to be added.

Coaches - Josh DeLano - Soccer coach, CC coach, Track and Field coach

Hayley DeLano - Degree in Exercise Science, Sprint coach, CC coach, Soccer coach.

Over 40 years of fitness, training, and coaching experience combined!

Clinic Description

- ☐ For anyone who plays a sports, wants to learn good running form, and wants to be fast!
- ☐ We'll teach good form, strength, agility, and speed while having a fun time!
- ☐ The camp participants will do ladders, cone drills, form drills, strength training, speed /agility drills, obstacle courses, and games - to be played at the end of every session!

Details

- ☐ **Location**- Cortina Neighborhood pool park
(just North of Cortina Elementary School 19680 S. 188th St)
- ☐ **Who / Time** - 4th - 7th grade --- 8-9 am
8th -12th grade --- 9:15- 10:15 am
- ☐ **Dates / Days** - Mon- Thurs
Week 1 - June 18- 21st
Week 2 - June 25- 28th
- ☐ **Cost** - For 1 week - \$40 / person
\$35 / person for multiple family members

For both weeks- \$70 / person
\$65 / person for multiple family members
- ☐ **To reserve your spot email at hgraves1@gmail.com**

Make checks payable to **Hayley DeLano** -- Please bring the first day of the clinic - return with form below.

This agreement releases **"Speed Play"** from all liability relating to injuries that may occur during our **Speed and Agility Clinic**.

Participant Name _____ Grade _____

Parent Name _____ Contact # _____ Email _____

Parent Signature _____ Date _____