




# SPARTAN *Speed* *Strength-Agility*

## CLINIC

**FOCUS: MOVEMENT EFFICIENCY, RUNNING MECHANICS, FIRST STEP QUICKNESS, AND CHANGE OF DIRECTION...MUCH MORE!!**

Newest speed-agility-reaction drills will be introduced!

\* 1st 3 days = instruction - last day competition (40yd dash, agility ladder, & cone drills) = **top competitor** in each grade category receives  shoes!

Dates: June 19 & 21 Times: 11:00-12:00 (grades 3-6) 12:00-1:00 (grades 7-12)

June 22 & 26 Times 10:00-11:00 (grades 3-6) 11:00-12:00 (grades 7-12)

Place: Montour High School Football Field Cost: \$45 Each participant receives shirt \* register - fill out the below - checks written "Montour CC-Track & Field" send to: 133 Community Court PGH PA 15205 Attn. Coach Naylor or online: [www.speedmatters.biz](http://www.speedmatters.biz)

Name (grade) \_\_\_\_\_ Cell Phone \_\_\_\_\_ Shirt Size \_\_\_\_\_

Email: \_\_\_\_\_ Parent/Gaurdian Signature: \_\_\_\_\_



\*This is NOT a school sponsored event, run by Track & Field/CC Boosters organization. Signatures on this registration form signify a parent or gaurdian has read, understands & abides by this information. I release and discharge Montour SD, workers & employees from all actions,suits and demands whatsoever in law and equity, including but not limited to, the risk of injury from participating in this clinic. I give permission to workers and employees to treat injuries sustained in clinic.

For More Information Contact:  
Coach Naylor: [naylorr@montourschools.com](mailto:naylorr@montourschools.com) 412398-1135