

2009 SPARQ Summer Series

SPEED POWER AGILITY REACTION QUICKNESS

Performance Training for Boys and Girls

About the Workouts

The SPARQ Summer Series is designed as a glimpse for athletes and parents who want to know more about speed and agility training programs. This workout will focus on Speed, Power, Agility, Reaction and Quickness - key elements crucial to becoming a better athlete in any sport.

Date:

July 18, 2009

Time:

5th-6th grades 10:00-11:30

7th-8th grades 12:00-2:00

H.S. athletes 2:30-4:30

Site:

South Eugene High School
(400 East 19th Avenue - Eugene, OR 97401)
*Free T-shirt included!

Training Staff



Alex Molden, *Sports Performance Specialist*
Along with Division I and NFL experience, Alex is a sports performance trainer at Nike World Headquarters and holds a degree in Psychology, an International Sports Science Association certification, youth fitness trainer Certification from ISSA and is S.P.A.R.Q. Certified.



Henry Barrera, *CSCS*
Henry is a Nationally Certified Strength & Conditioning Specialist with an emphasis in developing speed, agility, and quickness in athletes of all sports. He was a three time All-American collegiate basketball player as well as the 99-00 NCCAA National Player of the Year.

Presented by



REGISTER NOW!

By Phone: 503-344-4619

Online at: www.all-starperformanceathletics.com

Mail registration to: 1980 Willamette Falls Dr., suite 230 (pmb 298), West Linn, OR 97068

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NAME: _____ SCHOOL: _____ GRADE: _____

STREET ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____

PHONE: _____ E-MAIL: _____

Sibling Discount 25% off!

5th- 6th grades \$25 7th-8th grades \$35 H.S. athletes \$35

Please make checks payable to: All-Star Performance Athletics

Release of Liability

My son/daughter is in good health and is able to participate in a vigorous sports program. He/she has no previous sickness, illness, disease or bodily injury that is contradictory to participation. We understand that All-Star Performance Athletics and Speed-4-Sport are not responsible for any physical injury that may occur during the course of training activities. I hereby, release, hold harmless, discharge and agree not to sue All-Star Performance Athletics, Speed-4-Sport, its directors, facilities, and coaches for all liability from athlete participation in this program. In the event that my child is injured I give my permission for such medical procedures as may be deemed necessary.

X _____ Date _____