

Winterset Huskies Youth Speed and Agility Training

The Winterset Boys and Girls track programs would like to invite **all incoming male and female 3rd-8th grade students** to participate in a summer speed and agility program. This program is designed to help our young athletes improve their overall athletic ability by teaching specific techniques and participating in competitive drills. **This is meant to be for all athletes who are looking to improve in these areas**, not just for those interested or involved in track.

Each session will last approximately an hour and will include a warm-up, sprint technique development, speed/agility drills, and then competition/games. We will focus on straight line speed, lateral quickness, changing direction, and other key components that are used in multiple sports.

Location: Winterset High School Competition Gym

Dates: Tuesdays and Thursdays

May 31

June 2, 7, 9, 14, 16, 21, 23, 28, and 30

July 5 and 7

Time: 5:30pm to 6:30pm for incoming **3rd, 4th, and 5th grade students**

6:30pm to 7:30pm for incoming **6th, 7th, and 8th grade students**

What to bring: Please make sure your athlete comes prepared with a good **pair of running shoes** (NO TRACK SPIKES or SANDALS), **appropriate workout clothing** (shorts and t-shirt recommended) and a **water bottle**.

Cost: \$5 per athlete per session or prepay \$50 per athlete for all 12 sessions. Cash or check will be accepted. Checks can be made payable to Winterset Girls Track.

If you have any questions about the sessions, please call Head Coach Corey Bradley at (515) 493-8636 or email at cbradley@winterset.k12.ia.us



Registration Form

Athlete Name: _____

Grade: _____

Parent's name (s): _____

Best phone number to reach a parent: _____

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*Please return this form to Coach Bradley (in person, via email, or mail to 2150 152nd St, Winterset, IA 50273) before the first session on May 31st. Thank you!

Parental Permission-please read carefully before signing

I give my son/daughter permission to participate in the Winterset Huskies Speed and Agility training program. I understand that while these drills and competitions are generally safe activities, there is a risk of both minor and serious injuries. I assume full responsibility for the cost of any training-related injuries and clear the program and its employees of any liability related to the reasonable and practical operation of the sessions.

Parent Signature

Date