



Winter Speed School

Train on Tuesdays or Thursdays or BOTH

- **Dates/Day:** Tuesdays January 7 to March 3
Thursdays January 9 to March 5
- **Time:** 6pm to 6:45pm Boys and Girls Age 8 to 11
6:45pm to 7:30pm boys and girls Age 12, 13, 14
7:30pm to 8:15pm High School Boys & Girls ** ONLY THURSDAY**
- **Price:** \$175 one time per week, \$275 both times per wk
- **Please** send this sheet with your check to the address below.

FOCUS AREAS: Let us help enhance your athletic performance, increase your speed and make it less likely to get injured. We are offering 45 minutes sessions this winter for athletes seeking to improve. We will be focusing on injury resistance: balance, flexibility, core work, cutting and landing. Improve athletic performance: speed (including starting and stopping), power, change of direction, footwork, strength and core work.

LIFTraining, LLC reserves the right to cancel (with full refund) if minimum enrollment is NOT met. Also, understand that there will be no refund or make up day(s) for unattended sessions. Consistent Training contributes to success.

Please Print Clearly. Checks Payable to: L.I.F.Training, LLC

Athlete Name _____ Parent/GuardianName _____

Address (Street, City, Zip) _____

Email _____ Phone _____

Please Circle the Session start time: CHILD age: _____

Tues 6pm Tues 6:45pm
 Thu 6pm Thu 6:45pm Thu 7:30
 Both Tu & Th 6pm Both Tu & Th 6:45pm

L.I.F.Training, LLC

3225 Parmenter St. Middleton, Wi 53562

Phone: 608.279.2761 E-mail: craigw.lift@gmail.com | www.liftraining.com