

Speed & Agility

TRAINING

THE EDGE @ River's Edge

Improve Change of Direction Skills & Speed @ River's Edge with The Edge & Rex Currin!

- **\$150 per 5 week session**
- **Individuals train with their age group**
- **Teams train together**
- **Please wear gym shoes**
- **Medical Release form required**
- *Lateral Speed, Straight Ahead Speed, Over-Speed Training, Footwork Agility, Explosive Speed Training, Change of Direction Agility*
- *Training sessions consist of 4 or 5 instructed circuits: Agility Ladders, Dot Pads, Parachutes, Speed Cones, Sparq Hurdles, Harness, Jump Ropes*
- *Plyometric Box Jump Drills for Jr. High & older*

Please Select Session (3 sessions offered at River's Edge):

- Session 1 (5:30 - 6:30 pm)** June 10, 11, 13, 17, 18, 20 and July 1, 2, 8, 9, 11, 15, 16, 18
- Session 2 (5:00 - 6:00 pm)** Nov. 4, 6, 11, 13, 18, 20, 25, 27 and Dec. 2, 4, 9, 11, 16, 18
- Session 3 (6:00 - 7:00 pm)** Jan. 14, 16, 21, 23, 28, 30 and Feb 4, 6, 11, 13, 18, 20, 25, 27

Name _____ School _____ Grade _____ Age _____

Address _____ City/State/Zip _____

Phone _____ Email _____

Please make checks payable to **Rex Currin** (2086 Earlwood Ct. 45238)

Any questions, contact Chris or Rex:

Chris Mitchell: 513.264.1775 / chrism@riversedgeindoor.com

Rex Currin: 513.503.3342 / currin214@yahoo.com



5255 St. Rt. 128
Cleves, OH 45002

June/July • Nov/Dec • Jan/Feb