

# Speed & Agility TRAINING THE EDGE @ River's Edge

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

- \$175 per 7 week session
- Ages 7-18
- Mail, scanned or emailed registration must include payment
- Venmo or check (see below)
- 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
- Students will be tested 1st & last day of training

## Fall Session (November & December)

**Monday & Wednesday (5:00 - 6:00 pm)** Nov. 6, 8, 13, 15, 20, 22, 27, 29 and Dec. 4, 6, 11, 13, 18, 20  
*Training 2 times a week creates the best results!*

Name \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

Please make checks payable to **Rex Currin** (2086 Earlwood Ct. 45238)  
or Venmo @**Rex-Currin**

**Any questions, contact Chris or Rex:**

**Chris Mitchell:** 513.264.1775 / chrism@riversedgeindoor.com

**Rex Currin:** 513.503.3342 / currin214@yahoo.com



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# November-December