

# Speed & Agility

# TRAINING

## THE EDGE @ River's Edge

Training Session Starting January 11th 2022 - Runs thru February 24th 2022

- **\$175 per 7 week training session(7-18yrs old)**
- **Acceptable form & payment method:**
- **Mail, scanned or emailed form that must include your payment**
- **Venmo or Check (see below)**
- **Students spaced minimum of 3 feet apart**
- **Please wear gym shoes**
- **Medical Release form PROVIDED**

- *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, Sparg Hurdles, Harness, Jump Ropes*
- *Plyometric Box Jump Drills for Jr. High & older*
- **Students will be tested on 1st and last day of Training Session**

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

**Tuesdays & Thursdays - 6:00-7:00pm**

**Tuesday - 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22**

**Thursday- 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24**

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](mailto:Venmo@Rex-Currin)**

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

**Chris Mitchell:** 513.264.1775 / [chrism@riversedgeindoor.com](mailto:chrism@riversedgeindoor.com)

**Rex Currin:** 513.503.3342 / [currin214@yahoo.com](mailto:currin214@yahoo.com)



5255 St. Rt. 128  
Cleves, OH 45002

# January/February

