Demon Speed and Agility Training

Again, we will be offering personalized speed, plyometric and agility training this summer. The training is for all Bismarck High School students/athletes entering grades 9-12. Participates will be taught proper training techniques and injury prevention in a well supervised environment. Programs will be designed to fit the needs of the athlete and prepare them for competition.

10am 11am 6PM

8am

9am

Session times:

Sessions Days:	Monday, Tuesday, Thursday (optional Wednesday Speaker 10am)					
Session Length:	June 5 – Ju	ıly 21				
Cost:	\$100					
Please detach and return the r	egistration f	orm below and	send cash or ched	ck to (payable	to Dale Colby)	
	Dale Coby					
	800 North 8 th Street					
	Bismarck ND 58501					
For More information contact	Dale Colby a	t 323-4800 or e	mail <u>dale_colby@</u>	bismarckscho	ools.org.	
Sincerely						
Dale Colby	Mark Lardy					
Athletes Name						
Address						
Parent/Gurdian						
Cell Phone						
Email address						
Emergency Contact	Phone #					
Time Preference (circle ONE)	8am	9am	10am	11am	6PM	
T-shirt size (circle ONE)	S	M	L	XL	XXL	
I certify that my child/participa made to protect the health an accidents or illness. I agree to	d safety of th	ne student. The	trainers or the so			
Parent/Guardian Signature		Date				
		NO I	EXCUSES			

If working out is important to you, then you will find a way. If not you will find an excuse.