

GSA



SPEED

AND

AGILITY

8U/9U/10U/11U Sessions

\$400

- 16 - One Hour Sessions
- Mon / Wed 6:30PM-7:30PM
- All Sports

12U/13U/14U Sessions

\$400

- 16 - One Hour Sessions
- Mon / Wed 7:45PM-8:45PM
- All Sports

ALL SPORT Performance Training

Mon / Wed (Nov 26th-Jan 23rd)

- Sessions last one hour
- Athletes need to arrive 15 min before scheduled time
- Make-up sessions for missed class will not be offered

Location: Gwinnett Sports Academy (GSA)
 4839 Railroad Ave NW, Suite G,
 Lilburn, GA 30047

AT GSA our Winter Workouts provide the most progressive, comprehensive, state-of-the-art Speed and Agility Training in the Southeast. Coach Greg French's expertise, assures each and every athlete that enrolls in the Speed and Agility Performance Training will maximize his or her athletic potential.

GSA Performance Training includes methods used to increase Speed, Agility, Strength, Power, and Flexibility, all the while taking a preemptive approach to injury prevention. No matter what your sport (Baseball, Softball, Football, Basketball, Soccer, Lacrosse etc) our training methods are designed to improve your athletic performance.

8-Week GSA Winter Speed & Agility Training

Name _____ Birthdate ____/____/____
 Address _____
 City _____ State _____ Zip _____
 Phone H _____ Phone W _____
 Phone C _____ Email _____
 Parent/Guardian Name & Signature _____

hereby authorize the director of the camp to act for me according to his/her best judgment in an emergency requiring medical attention. I know of no mental or physical problems, which might affect my child's ability to safely participate in this camp. I will be responsible for any medical or any other charges in connection with his attendance at camp. I agree to abide by the rules and regulations of the camp.

To reserve your spot and make payment email Greg French: Greglf26@hotmail.com

All forms and payment must be complete before the first session

8U/9U/10U/11U

12U/13U/14U

Please select which session you will attend