



# SPEED

# AND AGILITY

## 8-11 Year Old Sessions

\$400

- 12 - One Hour Sessions
- Tuesday / Thursday 6:00PM
- All Sports

## 12-14 Year Old Sessions

\$400

- 12- One Hour Sessions
- Tuesday/Thursday 7:00PM
- All Sports

## 15-17 Year Old Sessions

\$400

- 12- One Hour Sessions
- Tuesday/Thursday 8:00PM
- All Sports

## ALL SPORT Performance Training

**Tuesday / Thursday (Dec 3rd-Jan 16th)**

- 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.

## 6-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: [Greg.french1@outlook.com](mailto:Greg.french1@outlook.com)**

All forms and payment must be complete before the first session

8-11 Year Old

12-14 Year Old

15-17 Year Old

Please select which session you will attend

MUST BE A MINIMUM OF 3 Participants per Time Slot for the Class to Make