



HIGH PERFORMANCE

sports agility training

This program is a high intensity, interval-based program, focusing on developing and improving strength, speed, agility, balance and coordination for young athletes. The training will be facilitated by members of the Willmar Warhawks hockey team; however the program is not sport-specific and can benefit all athletes. Each session will run 45 minutes and include a dynamic warm-up and cool-down. The program will aim to achieve 25 - 30 minutes of high intensity, interval training per session. Each participant will receive a T-shirt and a ticket to the Willmar Warhawks home game on October 31st. **Each Session is limited to 20 participants.**

COST

Members \$30.00
Non-Members \$40.00

TIME

Wednesdays 6:15-7:00 p.m. (Ages 8-10)
Wednesdays 7:15- 8:00 p.m. (Ages 11-14)

ITEMS TO BRING

- ✓ Water Bottle
- ✓ Active Clothing
- ✓ Athletic Shoes

Contact Ryan with any questions @
ryans@kandiymca.org or 320-222-9622

CUT HERE

CUT HERE

High Performance Sports Agility Training

Name _____ Male Female

Date of Birth _____ Age _____ School _____

Participant Shirt Size

- | | |
|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Youth 6-8 | <input type="checkbox"/> Adult Small |
| <input type="checkbox"/> Youth 10-12 | <input type="checkbox"/> Adult Medium |
| <input type="checkbox"/> Youth 14-16 | <input type="checkbox"/> Adult Large |

Parent/Guardian _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____

Session #1- Wednesdays September 19, 26 October 3, 10 6:15-7:00 p.m. (Ages 8-10)

Session #2- Wednesdays October 17, 24 November 7, 14 (NO Class October 31) 7:15-8:00 p.m. (Ages 11-14)

I have attached a check or cash for the selected session.

I would like the registration fee auto-debited from my existing YMCA membership account.

WAIVER, RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT: I understand that YMCA activities have inherent risks and participation in YMCA programs I hereby assume all risks and hazards incident to my participation in all YMCA activities, due to the negligence of the YMCA or otherwise while in, about, or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA, including volunteer service. I further waive, release, absolve, indemnify and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees, as well as, persons or parents transporting participants to and from activities from any claims or injury sustained during my use of the YMCA property or participation in programs. Authorization I hereby authorize the YMCA to debit my credit card/bank draft/DFT for my program payments in the amount necessary for the program(s) I have selected. I understand that by signing I authorize the YMCA to use my child's pictures for promotional pictures.

X _____

X _____

Signature of parent/Guardian

Date