



2018 HS (grades 9-12) Speed & Agility Class

6-week program developed to increase leg turn-over, running efficiency, and reduce the risk of injury. This class offers a quality indoor workout to prepare for spring sports and a way to have fun during the winter months with experienced coaches that are trained and certified by USATF, RRCA, and ASEP.



USATF Level 2
Youth Certified
Coach

7 – 8 pm on Mondays

Pre-registration is required.

Class Information	Activities
\$65 for Mondays: Jan. 15, 22, 29, Feb. 5, 12, 19 <i>Register by January 10, 2018</i> <u>Instructors:</u> Joe Bails <u>Location:</u> Grace Church 800 W. Oak St., Mahomet, IL	Agility ladders, Mini hurdles Dynamic running movements: High knees, butt kickers, skips and more Movement in all four directional planes Plyometrics Injury prevention

Please Print Clearly

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Age: _____ Birth Date: _____ Sex: M or F

Waiver: In consideration of my participation in this class, I the undersigned, my heirs, executors and administrators consent to discharge, release and hold harmless Coach Bails Running LLC, Grace Church Mahomet and their affiliates, agents, servants, employees, successors and distributors for claims, action, losses, damages or expenses for personal or bodily damage and property loss or damage incurred by me arising out of or in connection with my participation in this class. I hereby grant permission to the parties listed herein to use my name and photographs, videotapes, motion pictures, recordings or any other record of my participation in this class for any purpose.

I have read the foregoing, am of legal age to consent to the waiver and my child has trained to the best of their ability for this event.

Parent/Guardian Signature

Mail signed registration form and check/money order postmarked by January 10, 2018 to:

Coach Bails Running, LLC
107 Ridge Road
Mahomet, IL 61853.

Make checks payable to **Coach Bails Running, LLC.**

Questions? Contact Joe Bails - (217) 766-9008 or joe@coachbails.com