



USATF Level 2  
Youth Certified  
Coach

## 2019 Youth (grades 5-8) Speed & Agility Class

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

3:30 – 4:30 pm on Fridays and 6 – 7 pm on Tuesdays, or both  
**Pre-registration is required.**

Class Information	Activities
\$75 for Fridays: Jan. 11, 18, 25, Feb. 1, 8, 15 \$75 for Tuesdays: Jan. 15, 22, 29, Feb. 5, 12, 19 (Price includes a s/s tech fabric shirt, gender specific) \$140 for both days <i>Register by January 9, 2019</i> <u>Instructor:</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**

Circle one:    Friday                      Tuesday                      Both

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Sex:        M or F

Shirt size (circle choice)    Youth Med    Youth Lg    Adult Sm    Adult Med    Adult Lg

\*Additional shirts are \$10 each\*

**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 9, 2019 to:  
Coach Bails Running, LLC  
811 Riverside Dr.  
Mahomet, IL 61853.

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

Questions? Contact Joe Bails - (217) 766-9008 or runcoachbails@gmail.com

Joe holds the USATF Level 2 Youth Specialization coaching certification, RRCA distance running coach certification, and is CPR, AED and first aid certified.