

# SPEED UNLIMITED

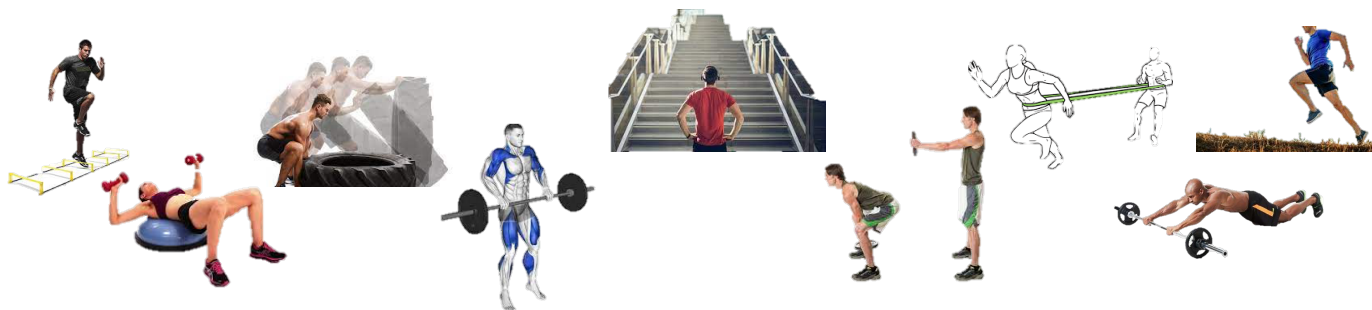
## Seven S Summer Training/Conditioning

**July 2 – August 17, 2024**

*"Speed, Agility, Conditioning training for the purpose of building true athleticism"*

*Join the successful athletes that have/continue to benefit from our program*

### PROGRAMS



#### **Training 1: \$1200 + HST (\$1356)**

**Ages 14up, 5 days/week**

#### **Training 2: \$500 + HST (\$565)**

**Ages 10up, 3 days/week**

Mondays <b>T1 7-8:30 am</b> <b>T2 8:30-9:30am</b>	<b>Athleticism</b> – Agility, Mobility, Speed development, aerobic fitness + <b>CORE</b> training @ <b>Canada Games Track</b>	<b>Athleticism</b> – Agility, Mobility, Speed development, aerobic fitness @ <b>Canada Games Track</b>
Tuesdays <b>T1 8:30-9:30am</b> <b>T2 8:30-9:30am</b>	<b>S1a Hip/shoulder/leg power</b> development @ Canada Games or <b>Stoney Creek Stairs</b>	<b>Power development and flexible strength</b> Stairs/Hills @ Canada Games or <b>Stoney Creek Stairs</b>
Wednesdays <b>7-8am</b> <b>8:15-9:15am</b>	<b>Group UB Weights</b> @ ProActive Centre/ <b>Speed Unlimited</b>	
Thursdays <b>T2 8:30am</b>		
Fridays <b>Times TBD</b>	<b>Speed day 2 + Group LB Weights</b> @ ProActive Centre/ <b>Speed Unlimited</b>	
Saturdays <b>T1 8:00am</b>	<b>Anaerobic threshold</b> development @ <b>Hydro Hill</b>	<b>Anaerobic threshold</b> development @ <b>Hydro Hill</b>

Please take the time to focus on your personal nutrition, maintenance of body (Chiropractic, Massage, Physiotherapy, Naturopathic), sufficient sleep and positive mind set toward maximizing your training.

**Final information regarding CONFIRMED times/venues sent when registration and payment received.**

**Inquire about family rates to Andrew ("Yapper") @ (905) 933-5303**

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## Seven S Spring - Summer Training Conditioning

### July 2 – August 17, 2024

*"The time to start getting stronger, faster and more athletic is during the off season, NOT in season. Athletes need to get away from their sport after their season in order to feel fully prepared physically and mentally refreshed when the next season starts."*

## Spring-Summer 2024 Registration

Athletes Name: \_\_\_\_\_ Date of Birth (month/day/year): \_\_\_\_\_

Full Address (including Postal Code): \_\_\_\_\_

Cell phone: \_\_\_\_\_ email: \_\_\_\_\_

**Health background:** Please check any health issues or concerns, medications, along with movement restrictions  
Please explain in detail any of the areas checked below

Skeletal ☐ Digestive ☐ Muscular ☐ Allergies ☐ Medications ☐ Exercise restrictions ☐

Explanation(s) \_\_\_\_\_

**Group(s) registering for** (please circle your program choice) **HST included in price**

**Training 1** (\$1356.00)

**Training 2** (\$565.00)

Total \$ submitted for **Training #** chosen = \$

Please check box to indicate participant's clearance to participate in high intensity performance training

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**Please complete and submit registration form and payment by Friday June 7, 2024**

Please submit payments **VIA** E-Transfer to [speedunltd@icloud.com](mailto:speedunltd@icloud.com)