

SPEED UNLIMITED



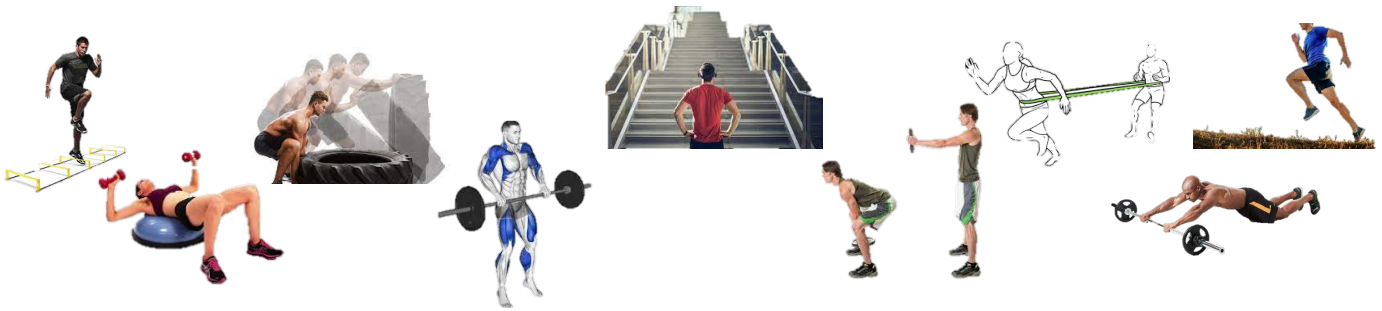
Seven S Summer Training/Conditioning

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

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

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

Please submit payments **VIA E-Transfer to speedunltd@icloud.com**