



Speed, Power and Agility Program

Program Features

The Rehab Center's goal with this program is to help prevent sports injuries by teaching athletes proper form while performing movements common in athletic competition.

At the beginning of the six-week program, participants will be tested using electronic 10-yard dash timing, vertical jump testing and agility testing. This will give the athletes a better understanding of their strengths and weaknesses, help the athletic trainers decide which areas need improvement and serve as a goal-setting tool for the athletes. Participants will work with a certified athletic trainer and performance enhancement specialist, who specializes in strength and conditioning, for six-weeks, three times per week for approximately 45 to 60 minutes each session to improve their conditioning, speed, agility and strength.

Registration Deadline May 28

Return completed registration and \$25 to:

Rehab Center
3911 Ave. B
Scottsbluff, NE 69361

(Make checks payable to the Rehab Center.)

Complete the sign-up form on the reverse side to register.

The Rehab Center at Regional West Medical Center is offering a six-week Speed, Power & Agility sports performance program to all student athletes entering grades seven through 12. The program will run June 1 through July 10. Designed to help athletes reach top conditioning level as they enter the fall sports season, this program focuses on increasing speed, agility and explosive strength utilizing plyometrics and core training to achieve these goals.

It is designed to teach athletes of all sports:

- ▶ Proper running form
- ▶ How to increase speed and improve agility
- ▶ How to improve overall conditioning
- ▶ How to increase flexibility and strengthen the body through plyometrics

Plyometrics is a type of exercise that uses explosive movements to develop muscular power, the ability to generate a large amount of force quickly.

Cost

The Rehab Center is offering students who will be entering grades seven through 12 in the fall a six-week conditioning program for only \$25. Participants will receive a T-shirt and three 45 to 60 minute training sessions per week for six weeks. Each site is limited to the first 30 registrants and must have a minimum of 10 athletes to be held at that site.

Speed, Power & Agility Six-week program...

Sign-up Form



Registration deadline May 28

Return completed registration and \$25 to:
Rehab Center | 3911 Ave. B | Scottsbluff, NE 69361

Make checks payable to the Rehab Center.

The six-week conditioning program will run June 1 through July 10 in both locations. (Choose One)

- Mitchell High School Track Scottsbluff High School Track (Bluffs Middle School)

T-Shirt Size (Choose One)

- Adult Small Adult Medium Adult Large Adult X-Large Adult XX-Large

Name: _____

Address: _____

Phone: _____

E-mail (Required to receive confirmation letter): _____

Participants will receive a confirmation letter citing the date, location and time of conditioning sessions the week prior to June 3th.

For more information or questions: Phone: 308.630.1355 | Fax: 308.630.1970 | E-mail: sportsmed@rwmc.net

Consent Form (To be completed and returned with sign-up form)

I hereby request and consent to the participation of _____, a minor, in the Speed, Power & Agility six-week conditioning program conducted by the Rehab Center at Regional West Medical Center in Scottsbluff, Nebraska.

I understand and acknowledge that the camp involves substantial physical activity and, as a result, includes a risk of injuries such as sprains, strains, scrapes or bruises. In the event that the minor named above is injured during the course of participation in the Speed, Power & Agility six-week conditioning program, I hereby request and consent to Regional West Medical Center's provision of such first aid or medical care as may be required under the circumstances.

By my signature below, I acknowledge my understanding and acceptance of these risks and waive and release any claims or causes of action that might be pursued on behalf of the above-named minor or his or her family members in connection with the minor's participation in the Speed, Power & Agility six-week conditioning program, which I have requested and consented to.

Parent/legal guardian's signature _____ Date _____

Relationship, if not parent _____ Date _____

