



Game Time Sports Introduces 2015 Non-Stop Performance Speed Training Program



PRESENTED BY:
Non-Stop Performance Certified Instructors
Starts Tuesday September 1, 2015

8 Weeks, Tues/Sat, Multiple Time Slots Available
Sept 1–Oct 22, Oct 6–Nov 28, Oct 27–Dec 17, Jan 5–Feb 25

SKILLS: Professional Combine Workouts

- Time 60 Yard Dash
- Pro Agility Techniques

- Vertical Leaping, Broad Jump Training
- Utilize 3 Cone Shuffle and various other cone techniques

FOR: Space is limited, first 10 that sign up per time slot! – Prepare yourself for the collegiate and professional level

WHAT: Speed Technique Explosive Movement Skills Baseball Specific Speed Techniques
Utilize Quick Twitch Muscle Fibers First Step Speed Stabilization Training
Core Stability Training Flexibility/Mobility Training Foot Work Techniques

COST: \$150 per session, which includes 16 workout sessions of 60 minutes each!

WHERE: Game Time Sports, 4160 Ehlmann Road, St. Peters, MO 63376 Tel: 636-474-2255

Email: Contact Jon Myers at jonmyers@non-stop-performance.com



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PRINT CLEARLY

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Athlete's Name _____ Address _____ City _____ State _____ Zip _____

Age _____ Date of Birth _____ School Attending _____ Grade? _____ Time Slot- Tuesday _____ Saturday _____

Home Telephone _____ Day Telephone _____ Emergency Telephone _____

For 8th Graders, what High School do you plan on attending _____ Contact Email Address _____

I hereby give my consent for the above named student to participate in the supervised baseball workout regimen of the Game Time Sports and Non-Stop Performance Speed Training Program; and, waive and release the 'Game Time Sports and Non-Stop Performance's staff, employees, officers, agents and assigns, of and from any damages, claims and liabilities resulting from any injury sustained or any illness suffered by my child, as named above, during the entirety of the 'Game Time Sports and Non-Stop Performance Speed Training Program' programs of 'School(s)', 'Session(s)' and/or 'Clinic(s)'; or incurred while traveling to or from these 'Game Time Sports and Non-Stop Performance Speed Training Program's activities or home. I will pay all medical bills incurred by my child, to the medical service provider(s), as a result of any sickness, illness, ailment or injury as a consequence of attending the 'Game Time Sports and Non-Stop Performance Speed Training Program.

Parent/Guardian Permission Signature _____ Date _____