



About Kaizen Training Strength, Speed, and Agility Program:

This program will focus on efficient footwork necessary for initiating optimal power in the start of a sprint, planting to change direction, staying in an athletic stance, jumping, and landing safely. We will incorporate strength training tactics using resistance items such as bodyweight, bands, partners, kettlebells, sandbags, and suspension trainers. We will emphasize proper technique to improve an athlete's mobility, ability to generate power, reaction time, and improve recovery.

Benefits of participating in the strength, speed, and agility program may include, but are not limited to:

- **Reduced likelihood and severity of injury**
- **Positive physiological adaptations (including improved body composition, coordination, strength, balance, and endurance)**
- **Increase in confidence and mental toughness**
- **Nutritional guidance for athletes and overall wellness**
- **Professional, safe, and proper teachings of technique and execution of important strength training activities for all sports**



**Strength, Speed, and Agility Training
Summer 2014 Registration Form**

Athlete Name: _____ **Age:** ____ **M/F:** ____

Address: _____ **Zip:** _____

City: _____ **Phone:** _____

Parent/Guardian: _____

Email: _____

6 week program on Thursday afternoons from 1-2 pm

6/19, 6/26, 7/10, 7/17, 7/24, 7/31

Cost is \$80 for 6 weeks or a “drop in” rate of \$15 per session

Checks can be made payable to Kaizen Training

Sessions will take place at Tarnhill Park 98th Street and Little Road Bloomington 55437