



# The Village School

## Speed & Agility Program (SPRING 2019)

### February 19th – April 17th

Starting Tuesday, February 19th, Coach Gregner Gotay will be running **The Village School Speed and Agility Program** for male & female student-athletes (6th-11th grade) that are in and out of season.

The Speed and Agility program will run Tuesdays & Wednesdays from 3:30-4:30 pm in the Upper School weight room. *This session we will allow any **SPRING student-athlete** to condition for no charge (there will be a sign-in sheet each day).* If your child is not participating in a SPRING sport, then please see the schedule & payment info at the bottom.

The students will change in the Upper School locker rooms then wait for the Coach in front of the weight room. We ask that student-athletes come dressed in TVS spirit gear (*VS spirit t-shirt or PE uniform*) and athletic shoes . . . if they are not dressed appropriately, they cannot participate.

We will focus on proper strength training fundamentals/protocols and speed/agility work. The Speed and Agility program will run when we are in school (*if TVS has a school holiday or 1/2 day, there will be NO program that day*). If a cancellation is needed, you will be notified.

**The last day of the SPRING Session will be Wednesday, April 17th.** For student-athletes wishing to participate but are not in a SPRING sport, you may pay for the whole session or you may choose the days to attend. The whole session will be \$160 or if you may choose certain days. We must have the required forms completed for student-athletes to participate. **Parents need to create an account for the student-athlete on Athletic Clearance (<https://athleticclearance.fhsaahome.org>) if you don't already have one for a sport.**

**Please complete the below form & return it to the Athletic Department (Kristi English).** Any questions, please contact [kenglish@tvsnaples.org](mailto:kenglish@tvsnaples.org).

Student Name: \_\_\_\_\_  
 Grade: \_\_\_\_\_

*\*\*Please check which training day OR entire SPRING Session.*

**SPRING Speed and Agility Session**  
**(Tuesdays & Wednesdays)**

Tuesdays \_\_\_\_\_ (8 Tuesday Sessions = \$80)  
 Wednesdays \_\_\_\_\_ (8 Wednesday Sessions = \$80)  
 ENTIRE SPRING SESSION \_\_\_\_ (16 Sessions = \$160)

Sign up for the **whole** SPRING Session:  
 All Dates = \$160

**\*\*\*PLEASE NOTE: No sessions on the following dates due to Spring Break:**

♦ **March: 12 & 13**

Total amount paid: \_\_\_\_\_

**REMINDER:** Fees only need to be paid for students that are **NOT** participating in a **SPRING** sport.

FOR ATHLETIC DEPARTMENT USE ONLY:  
 DATE REC'D: \_\_\_\_\_  
 AMOUNT: \_\_\_\_\_ cash / check #: \_\_\_\_\_