



# The Village School

## Speed & Agility Program (WINTER 2018-19)

### November 5th – January 30th

Starting Monday, November 5th, 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 Mondays, Tuesdays, & Wednesdays from 3:30-4:30 pm in the Upper School weight room. This session we will allow any WINTER student-athlete to condition for no charge (there will be a sign in sheet each day). If your child is not participating in a WINTER 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 WINTER Session will be Wednesday, January 30th. For student-athletes wishing to participate but are not in a WINTER sport, you may pay for the whole session or you may choose the days to attend. The whole session will be \$310 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 WINTER Session \$280).*

**WINTER Speed and Agility Session**  
**(Mondays, Tuesdays, & Wednesdays)**

Mondays \_\_\_\_\_ (9 Monday Sessions = \$90)  
Tuesdays \_\_\_\_\_ (10 Tuesday Sessions = \$100)  
Wednesdays \_\_\_\_\_ (9 Wednesday Sessions = \$90)

Sign up for the **whole** WINTER Session:  
All Dates = \$280

**\*\*\*PLEASE NOTE: No sessions on the following dates due to holidays or early release days:**

- ◆ November: 19, 20, 21
- ◆ December: 19, 24-31
- ◆ January: 1, 2

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

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

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