

# Speed, Agility & Quickness Training

**Sundays for 8 weeks @ Rochester Adams High School.  
Main Gym**

Cost: \$135.00 Ages 8-15  
November 15th to January 10th **6:00-7:30pm**

3200 W. Tienken, Rochester Hills, MI 48306  
Dates: Nov. 15, 22, 29 Dec 6, 13, 20, Jan 3, 10

**The Speed, Agility, and Quickness** program is offered to any athlete with the desire to improve their linear, lateral and vertical movements. One of the most obvious assets for all athletes in a specialized sport is the ability to run or move fast. Running is a learned skill just like throwing, catching, kicking, hitting, or shooting a ball. Since running is a learned skill, it can be practiced and improved. Everyone can improve speed and dynamic athleticism through SPARQ Training. If you want to get more out of your game, no matter what the game is, our program is for you!

- The SPARQ Instructors are recognized as some of the top instructors in the field of Speed and Conditioning. They have used their expertise in Athletic Performance to work several top NFL draft picks in the past 16 years.
- Each athlete will learn the drills and techniques used by the pros to increase speed. All participants will be given a SPARQ testing results to compare their scores to athletes across the nation.
- The program is designed to develop athletic excellence in professionals, collegiate, high school, junior high school, or youth sports athletes.
- Coach's are nationally certified trainers of SPARQ.

“The SPARQ staff understands what is needed to improve an athlete’s speed to help him get to the next level!” Tom Shaw-Speed and Conditioning Coach for the 2001,2003 & 2004 World Champion New England Patriots.

**Professional athletes the staff has worked with who have benefited from speed training:**

Eric Fischer, Tavon Austin, Donovan McNabb, Levi Brown, Gosder Cherilus, Hines Ward, And1’s Spyda, Jason Fabini, Tony Parrish, Laron Landry, A.J. Pierzynski, Anthony Spencer, Jarvis Moss, Chris Johnson, Glen Dorsey, Chris Houston and many more! 36 NFL Draft picks and 12 first round picks in the last two years!

For more information visit [www.coachjacksonspeed.com](http://www.coachjacksonspeed.com)

For more info on SPARQ Training or the Sparq rating system visit: [sparqtraining.com](http://sparqtraining.com)

To register: Mail this form to:

**Coach Jackson Speed Enhancement  
1775 W. Buell Rd  
Oakland, Mi 48363-2335**

Please make checks payable to: Coach Jackson’s Speed Enhancement

For Information Contact: Jaime Jackson

(248)535-7404

[coachjacksonspeed@gmail.com](mailto:coachjacksonspeed@gmail.com)

Name \_\_\_\_\_

Parent’s Name \_\_\_\_\_

Gender: Male  Female  Age \_\_\_\_\_

Phone Number (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

RA fall 2015

**Permission Slip/Medical Release**

I hereby grant permission for my child, \_\_\_\_\_ to attend the Speed, Agility, and Quickness camp. I verify that my child has had a physical exam in the past year and is capable of participation in the activities related to this camp. I agree to indemnify, hold harmless and defend, Speed, Agility, and Quickness camp from any and all liability for injury to my child, as well as injury or damage caused by my child.

Parent or Guardian \_\_\_\_\_

Date \_\_\_\_\_

Emergency Number

(\_\_\_\_) \_\_\_\_\_