

Danvers Recreation

SPEED & QUICKNESS TRAINING

Clinic Director: Roger Day

Dates: 8 sessions Tuesdays and Thursdays
July 15, 17, 22, 24, 29 & 31 and August 5, 7, 12 & 14
(One extra week built in for a rain date.)

Time: 5:45-7PM

Cost: \$100 Limited enrollment.

Place: Danvers High School



Open to all male and female athletes!

This program, offered by Danvers Recreation and Mr. Day, is a conditioning program for any High School athlete. Participants will improve speed, agility, and overall conditioning for their upcoming season! Sign up at www.danversrec.com!

DANVERS RECREATION Town Hall 1 Sylvan St. Danvers MA 01923 Phone: 978-777-0001x3094

REGISTRATION FORM: (PLEASE PRINT CLEARLY)

Name _____ Age/DOB _____

Address _____ Phone _____

Emergency Contact _____ Emergency# _____

I hold harmless the Town of Danvers, its employees, volunteers, or its agents from any and all injuries that might be sustained by participation in any of the programs. In the event of an injury, I grant permission to provide/acquire medical care or assistance. In addition, I hereby give permission for any photographs taken to be used for publicity purposes.

Signature _____ Date _____

PROGRAM: Speed and Quickness Program #220410-03 Price \$100

Email Address: _____

PAYMENT TYPE: Check# _____ Visa/MC# _____ Exp. _____