

The Speed Zone is a summer program is being offered as a way for athletes to learn proper running form, work on their agility, and increase their explosion in sports competition.

HOW THE SPEED ZONE WORKS

Weeks 1 and 2 are set up to help the athlete tune their running form, while building the necessary conditioning to perform the plyometric and agility workouts.

Weeks 3 and 4 we start to incorporate plyometrics, agility drills, and hill work.

Weeks 5 and 6 we put it all together to challenge the athlete to be their best...

***In conjunction with the running program, the athletes are given a weight program to build core strength and confidence...**



The speed ladder is used on a regular basis to improve foot speed, balance and coordination.

Plyometric's are done once a week to improve explosion and balance



Groups will meet at the Hortonville High School track.



NOTE:

By enrolling in the Speed Zone I understand the instructors will not be held responsible for injuries or loss of property and will release the State of Wisconsin, Hortonville High School it's officers, agents, and employees from all liability. Furthermore, I realize the risk involved to the student and will pay or cover through my insurance, all medical or hospital expenses incurred as a result of treatment given.

Registration Form

Name _____

Address _____

Phone _____

Sports you participate in.

Sessions are Mon, Wed, Fri.

June 22-Aug 8

Running time you plan on attending most often.

_____ 8:00am

_____ 9:15am

_____ 10:30am

The cost is \$125.00

Any Questions Contact

Jeff Nault

Hortonville Middle School

220 Warner St.

Hortonville, WI 54944

JeffNault@hasd.org

Or

Jeff Nault

676 Vera Ave

Neenah WI. 54956

Registration can be mailed to the above addresses.

Make Checks payable to:

Hortonville Football

Cost : \$125.00

Polar Bear Speed Zone



Speed, Agility,
Quickness