

# GRAND SLAM SUMMER SPARQ TRAINING

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This program is set up for the athletes that want to improve their speed, agility, core strength, and more. This program is for dedicated athletes only. Athletes will be challenged physically and mentally. SO, if your athlete is not serious about taking their game to the next level, this will not be the class for them.

SPARQ is dynamic performance training which trains the athletes' body into improving Speed Power Agility Reaction and Quickness. The explosive athletic based movements are designed to improve athletes' SPARQ skills.

SPARQ training is intense hard work that is rewarding if the athletes are committed to working hard. Athletes are encouraged to eat at least 1 hour prior to class. Also bring water because it will get hot.

2010 Summer Session is 4 days a week.

Monday / Tuesday / Thursday / Friday

Class Time: 9:30 to 10:45

Cost: \$150

5 Week Class

Session 1: June 21<sup>st</sup> – July 23<sup>rd</sup>: \_\_\_\_\_

Session 2: July 26<sup>th</sup> – August 27<sup>th</sup>: \_\_\_\_\_

**For more information contact Scott DeWitt at 747 – 8660 or [scott@grandslamequipment.com](mailto:scott@grandslamequipment.com).**

Athletes Name: \_\_\_\_\_ Parents Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Home PH: \_\_\_\_\_ Daytime PH: \_\_\_\_\_

\*Only fill this out if you are registering via email: VISA OR MASTERCARD

Credit Card Number: \_\_\_\_\_ Expires: \_\_\_\_\_ V-Code: \_\_\_\_\_

**Grand Slam 215 Valley River Center Eugene OR 97401**

**(541) 747 -8660**

**WWW.GRANDSLAMEQUIPMENT.COM**