

Grand Slam Equipment & Training



This program is set up for the athletes that want to improve their arm strength, speed, 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.

Signups are starting now. You can register and pay via email. Please complete this form and fill in the Credit Card info. You can also register over the phone or stop in and see us at Grand Slam to complete the registration. If you register via email you are authorizing Grand Slam to charge you credit card \$125.

Dates and Times: 4 Weeks – 3 days week – Tuesday/ Wednesday / Sunday

STARTS:

February 2nd

Ends:

February 28th

Cost Per Class: \$125 per athlete

Location: Grand Slam

TIME: 6 to 7:15 pm – Tues & Wed / 5:00 to 6:15 pm Sunday

**For more information contact Scott DeWitt at 747 – 8660 or
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