

Fall 2011 Renegades Basketball Speed and Agility Training Program

What: Work with experienced instructors Becky and Steve Flynn on ways to improve functional game movements—footwork and body mechanics to improve overall offensive and defensive productivity

Who: Boys and girls ages 12—18 who are looking to improve their game

When: Sessions begin on **Monday, September 26th**, and end on **Thursday, November 17th**
(16 classes—an 8-week session meeting twice a week)

Time: Mondays and Thursdays 6pm—7pm

Where: Kelly Bolish Gym
2950 Turnpike Drive
Hatboro, PA 19040

Cost: Renegades Members = \$160
Non-Renegades = \$190
*detach form below and bring to the first session

Discount Opportunity: For every referred friend who signs up, receive a \$20 discount

Speed & Agility, Fall 2011

Player's Name: _____ Date of Birth _____ Grade _____

Street Address _____

City, State, Zip: _____ Home Phone #: _____

Mom's Name: _____ Mom's Cell # _____

Dad's Name: _____ Dad's Cell #: _____

E-mail: _____ School: _____

Referred Friends: _____

If you are a non-Renegade, do you play AAU basketball with another club and already have a 2011/12 AAU insurance card?
Yes or No

Check Payable to: Renegades

_____ has my permission to participate in the Renegades' Speed and Agility Program. I hereby assume all risks associated with the participation of my child in the Renegades program and agree to hold harmless the Renegades, Inc. organization, their officers, coaches, and participants for any and all claims for injuries arising out of the participation in this program. All participants are required to be covered by a personal or family medical plan including hospitalization before they can participate in the program. I certify that my child is covered by such a plan. I, the undersigned do hereby grant permission to any licensed physician to perform or provide necessary medical care or aid to my child in the event that he/she is injured while playing basketball in this program. I understand the details of this form and attest to its accuracy.

(Parent/Guardian Signature) _____ Date _____

IMPROVEMENT HAPPENS IN THE OFF-SEASON! GET READY FOR YOURS TODAY!!!