



## Sports Performance Training

With Ty Cardwell



My focus in these sessions is to enhance your speed and agility by enhancing your quickness and body control. This benefits your performance in any sport – soccer, football, running, you name it. While linear speed is important, your ability to change direction is more important for success than your top speed.

Speed development comes from a careful balance of strength training, flexibility, and core strength. In these sessions, we'll do quickness drills, balance training and skills drills specific to your sport. I will keep the training mixed and fresh. No two workouts will be the same

**Stonebridge United  
Methodist Church**

**McKinney, TX**

1800 S. Stonebridge Drive

**5:30pm-6:30pm**

**Tue, Wed, or Thur**

**\$180 for**

**10 Sessions**

**Classes Are Ongoing**

**For Questions Contact:**

Michele Cardwell

**director@cardwellfitness.com**

**Make Checks Payable to:**

Cardwell Fitness

1108 Shaker Run

McKinney, TX 75069

### Mail In Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_, TX Zip \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Contact Email \_\_\_\_\_

Training Location is at: Stonebridge UMC

**Registration is required in Advance**

**NO REFUNDS or MAKE UP's for MISSED SESSIONS**

### Release of Liability

I understand and am aware that strength, flexibility, agility, and aerobic exercise can potentially lead to injury. I also understand that fitness activities of any kind involve a risk of injury and even death, and that I am voluntarily giving permission for my child to participate in these activities with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death and release Cardwell Fitness from any liability associated with these risks.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

\*Parent Must Sign before child can participate

Please **Circle** which class you are registering for:

TUE WED THUR