

SKILLZ

Clinic for Pop Warner Assessment Preparation

Agility Training

Core Strengthening

Speed Increase

Will Hicks and Ty Young present *SKILLZ*, a program dedicated to improve the basic skills of any aspiring young athlete: speed, agility and strength.



Will and Ty are football coaches at LCCHS. Will has a BA in Kinesiology and has mentored Ty as they run the LCC summer conditioning program and coach the LCC receivers.

As you must have heard by now, LCCPW is going to assess EVERY athlete in order to be more competitive in the Palomar Conference. As part of our program, we will focus on the precise drills your son will be performing on the day of the evaluation, which is April 26 and 27.

These drills include:

40 yard dash...L and T Cone drills...Broad jumps... routes and catches...Throws...Resistance Sprinting with parachutes, bungee cords and towing harnesses...Agility Training with mini hurdles and ladders...the infamous Will Hicks ab treatment... and more!

Training will take place at Sun Vista Park, on the lower field every Sunday from 1 to 3:30 pm starting March 2
Cost is \$20 per Sunday (siblings \$15 each), ages 10 and up
Bring cleats, running shoes, water, a ball if you have one and a signed waiver (next page).

Please send an email to us at ty@lascraze.com to confirm.

Waiver

Please read the information below carefully, print and sign your name at the bottom of this form. By signing this consent, I am agreeing to the stipulations of Skillz fitness program.

I, (print name) _____, give my consent to participate in the SKILLZ fitness Program.

I understand that SKILLS fitness services is not a medically supervised program and that the Training Camp program was developed for healthy people with no medical conditions or risks, either psychological or physical. If I have an existing medical condition, before I can begin, I will present my trainer with a Medical Release Form, signed and dated by my personal physician. This form represents my physician's approval to participate in SKILLZ fitness program

BENEFITS

Participation in a regular program of physical activity has been shown to produce positive changes in a number of organ systems. These changes include increased work capacity, improved cardiovascular efficiency, and increased muscular strength, flexibility, power and endurance.

RISKS

I recognize that exercise carries some risk to the musculoskeletal system (sprains, strains) and the cardiorespiratory system (dizziness, discomfort in breathing, heart attack). I hereby certify that I know of no medical problem (except those noted) that would increase my risk of illness and injury as a result of participation in a regular exercise program.

By signing this consent form I understand that I am personally responsible for my actions during my tenure with Shape Club, and that I waive their responsibility if I should incur any injury as a result of my negligence.

(Athlete's Name): _____

Parent/Guardian Signature: _____ Date: _____

Print Name: _____