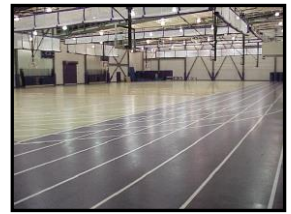




SPEED *Development*



Because the difference between good and great is SPEED!

Attend The 25th Annual ALL-SPORT SPEED Development Clinic!

Clinic session housed at the BD indoor track
AT BEN DAVIS HIGH SCHOOL (enter door 11)
SUNDAY, FEBRUARY 18, 2018 FROM 1:00pm - 6:00pm

Enter Ben Davis at north entrance off Girls School Road, park on west side of BD, between the school and the stadium

Eight sessions of pure Speed Development for the high school or junior high athlete. Over 3000 athletes and coaches have already experienced THE SPEED CLINIC in the past 24 years!

This exciting opportunity is a LEARN BY DOING clinic for both ATHLETES and COACHES. The clinic is directed towards developing speed for all sports that require running as a means to success. FOOTBALL, BASKETBALL, TRACK, BASEBALL, SOFTBALL, and SOCCER all rely on team speed for gaining the edge. This clinic is designed to help ALL those who want to learn how TO BE FAST!

CLINIC HIGHLIGHTS

- *Video Evaluation on your running form (side and front view)
- *Power Harnesses
- *Stride Mat, Acceleration Ladder
- *Low Impact Plyometrics
- *Sprinting Technique Instruction with Drills to correct specific efficiency flaws
- *Speed Chutes
- *OverSpeed Bungees
- *Starts - (40yd dash and block starts)
- *Flexibility Drills for SPEED

Cost is \$25.00 per coach or athlete.

*** PRE-REGISTRATION: If your registration is **RECEIVED** before Wednesday, February 14th, you are guaranteed A T-Shirt and coaches also get clinic notes.

Registration at the door is \$30.00, no guarantee on T-Shirt or notes. (first come basis)

THE SPEED CLINIC VIDEO (the clinic instruction and drills on DVD) is available for \$20 (only \$10 if registered)

For more info visit the WEB at bdhs.wayne.k12.in.us/athletics/boys/track-field/
Questions? E-mail or Call Mike Davidson – mike.davidson@wayne.k12.in.us, (317)852-0999 (home)

2 ways to register:

Fill out the form below, or go to goo.gl/aVW6Vg and fill out the on-line form. (mail payment)

Or

register **on-line** and **pay with a credit card** at www.schoolpay.com/link/BDspeed

Speed Development at Ben Davis Clinic Registration Form

Please print information below.

Make checks payable to Ben Davis - speed clinic

Send to: Mike Davidson, Speed Clinic, 1200 N. Girls School Road, Indianapolis, Indiana 46214.

Name _____ gender _____ Age _____

Phone No. _____ Email _____

School _____ Shirt Size _____

Circle:
Athlete or Coach

___ YES! I want a SPEED CLINIC DVD (include an additional \$10.00)