

SPARQ Performance Training

Training for Athletic Excellence!



Competitive Edge Factory
Located in Downtown San Jose

Strength, Speed, & Conditioning Boot Camp

Blinding Top Speed / Rapid Change in Acceleration / Explosive Lateral Movement / Lightning Fast Response

These are the qualities that the Top Athletes possess. *It separates the best from the rest.* But no matter what the sport, basketball, volleyball, baseball, football, soccer, tennis, rugby, or track & field... **Performance training helps develop the Skills to make a Champion!**

SPARQ Training is rapidly becoming one of the most important segments of successful training/conditioning for top athletes, trainers, and coaches. Previously, great demonstration of these skills was attributed to the genetic gifts the performers possessed. While it is true that some athletes are born more gifted than others, natural genetics is only part of the formula. Directed training and nurturing is the rest.

SPARQ Training is designed for the athlete who is seeking to gain that extra edge and elevate their game to the next level. Teams spend hours and hours on drills, but how much time is spent teaching athletes how to increase their speed? This is what every player and coach desires, speed! The Academy will encourage each player to strive for a higher level of conditioning while focusing on their technique for speed.

Dates: June 15th – 19th, 2010
or
July 6th-9th, 2010
Location: "THE FACTORY"
Grade: Students in the 8th–12th grade can enroll
Capacity: Enrollment will be limited to 40 participants

Four Day Training Session

7:45 am	–	8:00 am	–	CHECK IN
8:00 am	–	9:15 am	–	SPARQ SESSION
9:15 am	–	10:30 am	–	STRENGTH SESSION
10:30 am	–	11:45 am	–	CONDITIONING
11:45 am	–	12:15 pm	–	STRETCHING

Only \$325 per person!

Call (408) 834-7017 to sign up

Please fill out and return this form, along with payment, to guarantee your space today!

Participant's Name _____ Age _____ Date of Birth _____ Phone _____

Address _____ City _____ Zip _____

E-mail Address _____

Emergency Contact's Name _____ Phone _____

Buddy Request(s) _____ Age(s) _____

Payment Enclosed \$ _____ **T-Shirt Size?** S M L XL XXL XXXL

Permission to participate in the above program sponsored by 2KR Sports is given for myself and/or my child as shown above. In consideration of participation in this program, I hereby indemnify and hold harmless the 2KR Sports, its agents, employees and volunteers from any and all liability for any injury suffered by myself or my child, arising from or connected with this program and I assume all risk for any injury. In case of emergency, I give my permission for emergency medical treatment. I also give my permission for photos of me or my child to be taken by 2KR Sports to be used for promotional purposes. My signature acknowledges that I understand and agree to the above conditions.

Signature of Parent/Guardian _____

Printed Name of Parent/Guardian _____

Date _____