The UNK Physical Activity & Wellness Lab and KSS Dept are hosting a program to enhance the Agility, Speed, & Quickness of young athletes.

This program is for 10-13 year old boys and girls who want to improve their general sports conditioning.

All drills will be directed by Exercise Science students under the supervision of Gregory A. Brown, Ph.D. FACSM.

Program Dates and Times: February 9 - March 19, 2015. Tuesdays and Thursdays, 6:00 PM – 7:00 PM in the UNK Indoor Track.

Each Participant will receive a T-shirt, sports drink after each session, and personal attention to their training.

$35 per participant
Agility, Speed, & Quickness

Program information

This program is not intended to focus on any single sport, but instead to enhance Agility, Speed, & Quickness which are essential to almost all sports. Participants will train in short distance sprinting, jumping, and agility drills emphasizing rapidly changing directions.

A Sample Training Session might consist of:

- 15 minute warm up of jogging, active stretching, and other warm up activities.
- 20 yard sprint, 1-2 minutes recovery (5 repeats).
- 5-10 plyometric box jumps (5 repeats).
- 20 yard short hurdle drill, 1-2 minutes recovery (5 repeats).
- 10 yard side step ladder drill, recovery (5 repeats).
- 10-15 minutes cool down of jogging, core strengthening, and stretching.

Training sessions will be directed by UNK Exercise Science Students under the supervision of Dr. Greg Brown. During the training sessions, participants will rotate through the stations in small groups of 5 (or so) youth, grouped by age.

The Agility, Speed, & Quickness program will meet in the north end of the UNK indoor track beginning at 6:00 p.m. and ending at 7:00 p.m. on Tuesdays and Thursdays from February 9 to March 19, 2015. All training activities will be held indoors.

Participating athletes may want to wear exercise or sweat pants and coats to and from each training session, but they should wear clothing appropriate for strenuous exercise during each training session. Appropriate clothing includes shorts, T-shirts, socks, and comfortable athletic shoes that can be tied securely (cleats or spikes are not allowed).

Space is limited. Registration and payment must be received before January 30, 2015. The cost for the Agility, Speed, & Quickness program is $35 per participant. Please make checks payable to the University of Nebraska at Kearney. For more information, please contact Dr. Greg Brown (browna@unk.edu).

Return registration and payment to:
Physical Activity & Wellness Laboratory
University of Nebraska at Kearney
1410 west 26th street
Kearney, NE 68849
Participation Registration and Acknowledgement of Risk
(*Parent Initials are needed for registration of program/ place initials by each paragraph)

_____ I understand and agree that my son/daughter has my permission to participate in an Agility, Speed, & Quickness program offered by the Human Performance Laboratory at the University of Nebraska at Kearney. I understand that the Agility, Speed, & Quickness program involves running, jumping, rapidly changing directions, calisthenics, and other strenuous exercise. I also understand that this program is NOT intended for children who are unaccustomed to strenuous physical activity. I also acknowledge that my child has no illness or injury that would limit their participation in this program.

_____ I understand that the Agility, Speed, & Quickness program is an educational experience for UNK KSS students as well as a youth sports conditioning program. I will treat all individuals associated with this program with respect and kindness.

_____ I understand that I may observe my child’s participation in this program, but my role will be limited to that of an observer unless specifically requested.

_____ I agree to have my son/daughter at the UNK Indoor Track by 6:00 p.m. and I will then pick my child up at 7:00 p.m. on the designated meeting days. I acknowledge that parents/ guardians are responsible to supervise their children before and after these times.

_____ In the event of an injury or medical complication during the activities used in this program, your child will be transported to the appropriate medical facility depending on the nature of the injury and type of care required as determined by the program staff.

In consideration of my child’s participation, I hereby for my child, myself, my heirs and executors, waive and release any and all rights and claims for damages against the Physical Activity & Wellness Lab, the University of Nebraska Board of Regents, the University of Nebraska at Kearney, all sponsors, volunteers, and workers for any injuries suffered by me in connection with the program. I further certify my child is in good enough physical condition to participate in this event.

Parent/ Guardian Name: ____________________________________________

Parent/ Guardian Signature: _________________________________________

Address ___________________________________________________________ (Street/City/State/Zip)

Home Phone Number___________________ Cell Phone Number ______________________

Date Signed _____________________________

Participant’s Name__________________________

Participant’s Signature________________________

Participant’s Age ________________

T-shirt Size (please circle selection on both lines):

<table>
<thead>
<tr>
<th>Youth</th>
<th>Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td>Medium</td>
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</tbody>
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** the T-Shirts are an athletic cut. Ordering up 1 size may be advised if your child prefers a loose fit on their shirt **