

Jaguar Power Club Speed & Agility Camp

The **Jaguar Power Club Speed & Agility Camp** is designed to assist the young athlete with developing the mechanics and skills of speed, power, and agility. This program is designed for athletes (Grades 5-8) who participate in a variety of sports.

It is designed to improve the athlete's fitness level. Emphasis is placed upon proper warm-up as this training involves a variety of different muscle movements.

Training Includes :

Forward/Backward Speed Techniques
Quick Movement in All Directions
Form Running
Hand/Foot Coordination
Plyometric Training
Resistance Training
Variety of Obstacle Courses

Where to Meet:

Frontier Trail
Middle School
Auxiliary Gym and Track
15300 W. 143rd St.

When to Meet:

Training Days:
Sessions are 45 minutes:
8:45-9:30 am or 9:30-10:15 am

What to Bring:

Water Bottle
Tennis Shoes

For More Information Contact:

Brad Bingesser
Text: (913) 215-3097
bjbingesser@olatheschools.org

2025 Speed & Agility Training Registration Form

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

There will be 5 weeks of Speed & Agility Training offered this summer. Cost: \$25 per week; or \$100 if registering for all 5 weeks (check the dates). Sessions run M-TH except for Week 1 (Tues.-Fri.)

Time: 8:45-9:30 _____ 9:30-10:15 _____

Check the weeks you are attending:

May 27-May 30 (Tuesday-Friday) ____

June 2-5 ____ 9-12 ____ 16-19 ____ 23-26 ____

I certify that my son/daughter _____ has had a physical examination within the last year and is in sound physical condition to participate in Speed & Agility Training. I hereby authorize the instructor to act for me according to their best judgment in any emergency requiring medical attention. I waive and release Coach Brad Bingesser and those teaching/assisting/coaching in the program for any and all liability for any injury/illness my child might incur while participating in Jaguar Power Club Speed and Agility Camp.

*Please Note: This Camp is NOT sponsored by the Olathe Public Schools #233 or Frontier Trail M.S.

Parent Signature: _____

Date: _____

Cash or
Check only.

Mail Registration & Checks Payable to
Brad Bingesser:
14465 W. 139th Place, Olathe, KS, 66062

-Registration invalid without signature-