

ATTENTION COACHES!!

Don't spend another dime on an ineffective speed-training program or high priced equipment. Improving speed and functional strength in your athletes is relatively simple to achieve when you begin to functionally understand and train the body the way it was designed to work. However, this takes teaching and training, not high priced gadgets. Therefore I would like to invite you to:

Getting “Fast – FIT & Flexible” with Bands

Join Myself, Dave Schmitz and 40 + hard working athletes for a
“FREE”...

...3 hour jam packed clinic will allow you to watch athletes be trained using one of the most versatile, portable and cost effective training tools on the market ... **FlexBands**

If you are not familiar with **FlexBands** this is **YOUR** opportunity to see “First Hand” and “Live” how you can easily train your athletes to get faster, quicker and more explosive using a simple cost effective rubber band.

Dave will take the athletes through a **5 Step Speed Training progression** that is “Guaranteed” to get them faster and quicker within weeks not months. Perfect for an 11-week summer program.

Clinic Details

Friday May 18th, 4:00 pm – 8:00 pm

Location: **Dave Griffin's Sports Complex, Highland**

RSVP By: **Saturday, May 12th**

Coach YOU will Learn:

- ** **The “6 Key Movements” all athletes must master to get athletic**
- ** Dave's secret to fast first step explosiveness... The PLYO STEP
- ** **How to develop flexibility that will create “Resistance FREE” Running**
- ** A simple 5 Step approach to “Developing a Quick First Step”
- ** **Fun and competitive Band Drills that build incredible “TEAM Chemistry” & Competitiveness**

After the 3 Hour training clinic hang around for a Q& A Session from 7:00 to 8:00 where Dave will fill in all the gaps and cover things like:

- ** **Station set-up options that will literally expand your weight room and avoid any need to build out or invest in high priced equipment.**
- ** The secrets to keeping your bands lasting for years
- ** **How to recognize Band training Pit-Falls that can damage or tear your bands**
- ** Adapting Bands to your present equipment or training programs and avoid having to purchase more equipment
- ** **Expanding your budget by Maximizing your resistance bands for all sports**
- ** Why and How Functional “Reactive” training is a Must for injury prevention
- ** **How to take Bands into the weight room and create speed related drills easily**

Look forward to meeting all of you and sharing ways to get your athletes **“Reactively Strong”** and start gaining the **“Band Advantage”**

To learn more about Dave Schmitz
Go to: www.resistancebandtraining.com

Adam Dempsay, CSCS
Sport Performance Institute
www.BuildABetterAthlete.com
spjpro@msn.com
219-476-7740

80% of all NFL Teams, 50% of all Div. I Universities, 75% MLB, and 100's of High School across the country... Can't be Wrong!!

Attention Athletes...

Do YOU want learn how to get **Fast – FIT & Flexible** in weeks not months

Let me introduce you to the TRAINING TOOL and program that can get YOU on YOUR way to a higher level of performance assuming you are willing to FOCUS, LEARN and WORK HARD!!

Flexible - Fast – FIT Clinic Details

Date: Friday May 18th

Time: 4:00 pm – 8:00 pm

Location: Dave Griffin's Sports Complex

Cost: \$40

Register By: Saturday, May 12th



If you want a competitive edge over your opponent... Here is your opportunity... Make sure you bring **YOUR "A" Game** and take part in one of the best multi-directional speed training clinics in the Midwest

Don't miss YOUR opportunity to take part in a Professionally Trained Flexband Workout that will leave you faster that day!!

Dave & I look forward to meeting each of you personally on May 18th.

Adam Dempsay, CSCS
Sport Performance Institute
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Special Note: Additional Bands and Flexband Training DVDs will also be available for purchase the day of the clinic. Please plan accordingly.



Parent or Guardian Wavier Of Consent Form

My child has my permission to attend the Performax Performance Training event. I certify that within the past 2 years, he/she has had a physical examination and that now, he / she is physically able to participate in speed and physical conditioning activities without restriction. In the event of an illness or injury, I give my consent for proper medical treatment to be provided by an attending physician or medical staff. I will be responsible for any medical or other charges in connection with my child's attendance at the Performax Training event.

I acknowledge that at the Performax Training event my child will participate in a conditioning / exercise program that may involve, among other things, physical contact of the body with other participants, or objects, including the ground and that at the Performax event, he/she may incur a risk of injury. I specifically waive, give up and release Performax Performance Training and staff from liability for any claim for damages which I or my child may have for injuries or illness that he/she may sustain at the Performax event.

I also approve the right for Performax and/or the host facility to video tape or take still photographs that may include my son or daughter. These videos can be used for future training, marketing or promotional resources as seen appropriate by Performax – Performance Training.

Athlete's Signature: _____

Parent's or Guardian's Signature: _____

Date: _____

Thank you for your understanding and support.

Dave Schmitz
Owner and Director of PERFORMAX – Performance Training, LLC

To Register:

Fill out Registration form, Parent Wavier Form and mail along with your check to:

Sport Performance Institute
1150 Southpoint Drive, Suite C
Valparaiso, IN 46385
www.BuildABetterAthlete.com
spipro@msn.com
219-476-7740

Must Receive Registration by:

Saturday May 12, 2007

Registration Form

Athlete _____

Birth Date _____

Age _____

Middle School/High
School/College _____

Email Address _____

Address:

Street _____

City _____

Zip Code _____

Emergency Phone # _____

Primary Sports: _____

HS Graduation Year 2007 S – 2008 Jr. - 2009 Soph. - 2010 FR