

# Fanwood Recreation

WITH  
**TRISTATE MULTISPORT**  
PRESENT

## Speed & Agility Training for Athletes

Class Name	Ages	Sessions	Day / Dates	Time	Tuition
Speed/Agility A	9-13	6	Mondays 4/5,12,19,26, 5/3,10	4:45-5:45p	\$130
Speed/Agility B	9-13	6	Saturdays 4/10,17,24 5/1,8,15	9:30-10:30a	\$130
2 Times a Week! C	9-13	12	Mondays & Saturdays (Above)	See above	\$220

Location: Forest Road Park, Outside near building

60 minutes of dynamic stretching, quickness drills, strength conditioning and injury prevention exercises to help your children continue to prepare for the rigors of their chosen sport. The programs that colleges and pros use today to get to the top of their game! Useful for football, baseball, softball, field hockey, lacrosse, running, tennis, soccer – all sports!!!!

- More Explosive Starts
- Faster Reaction Time
- Improved Balance & Coordination
- Quicker "Cuts"
- Stronger Joints and Less Injuries
- Arrive to Sports Practice in Shape

**To Register:** Please fill out the form provided and return with a check made payable to Borough of Fanwood/Recreation no later than March 26, 2010. For more information about programs, please visit [www.tristatemultisport.com](http://www.tristatemultisport.com) or call head coach Mike Czech at 609-638-2926

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Athlete's Age: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Class A\_\_ B\_\_ C\_\_

Parent/Guardian Signature (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

Borough of Fanwood / Recreation: 75 N. Martine Avenue Fanwood, NJ 07023  
Phone: 908-370-7092 [www.fanwoodrecreation.org](http://www.fanwoodrecreation.org)