**Speed and Agility Training at A2 Registration**

The off-season is almost upon us, and we have one rule: If you aren't getting better, you're getting worse. So we ask you, do you want to dominate the competition next year or be dominated by the competition? The answer lies within you!

**Speed and Agility Camps at A2 in Staunton**

* **When:** 2 days a week –Mondays and Wednesdays 9am, 10am, or 11am
* **Cost:** $40 for the month
* Limited to 10 per class
* Instructors: Trainers and former collegiate athletes
* Price includes a t-shirt, training program, fun, and fitness!

Softball players - If you want to add pitching lessons after your workout, add $25.

Drop off your form at Ageless in Gillespie or A Squared in Staunton. You can also mail it to: Ageless, LLC, 103 North Jersey Street, Gillespie, IL 62033.

 If you have questions, please call Corrie at 217-313-6465.

A coach will call you 1 week before the camp with your time.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1st Choice for Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2nd Choice: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_