



Speed & Agility training will be offered again this season. Program goals include: improving linear and lateral speed, agility and quickness; reducing the potential for injury; and promoting self-confidence and a desire for personal growth.

The program consists of one 30min session per week (Mon or Tue) for 10 weeks. Sessions begin shortly before or after the regularly scheduled trainer-led practices and will be held at South Campus.

Questions? Contact Brent Gallagher, [bgallagher@westufit.com](mailto:bgallagher@westufit.com), 713.661.5800

The cost is \$50. Register online at [www.houstonx.org](http://www.houstonx.org) in the FOR PARENTS section.

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## AGREEMENT and WAIVER

*Speed & Agility Training Sessions*

Player Name (please print) \_\_\_\_\_ DOB: \_\_\_\_\_

Age \_\_\_\_\_  Male  Female

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home No. \_\_\_\_\_ Cell No. \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_

Email \_\_\_\_\_ Contact Phone No. \_\_\_\_\_

Please enroll the above individual in your program. I understand that West U Fitness (WUF) nor anyone contracted by WUF will NOT assume responsibility for accidents incurred as a result of participation in this program. I attest that the above is in good health and able to participate in the physical activity of a vigorous athletic program. In the event of injury or illness, WUF has my permission to provide emergency first care.

Parent/Guardian Name (Print) \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

*Please bring waiver to your first Speed and Agility session.*