

FAST

Functional Athletic Speed Training

FAST is a high intensity eleven-week instructional workout that encompasses speed, agility, quickness, and conditioning. The lesson design will feature training techniques to improve these facets. In addition, strength and power for athletic explosion will be featured. Athletes will receive instruction and guidance through:

- Warm-ups, featuring specifics on form running
- Stretching-including static and dynamic
- Speed training
- Agility training
- Plyometric training
- Muscular and cardiovascular conditioning

The opportunity for athletes to train and compete together is an emphasis that FAST provides Edina High School athletes. Edina has a great athletic tradition. The goal of FAST is to bring together Edina athletes from all sports for one common goal, to outperform their competition.

FAST will take place at the Edina Fieldhouse at EHS

Session times and dates are below: Registrations are taken first come first serve.

Tuesdays and Thursdays 3:15-4:00

December 8, 10, 15, 17,
January 5, 7, 12, 14, 19, 21, 26, 28
February 2, 4, 9, 11, 16, 18, 23, 25
March 2, 4

Cost \$110.00

Any questions please call Chad Schwartz at 952.470.2219 or 952.848.3395

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Edina
Winter Sessions 2009-2010

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December 8, 10, 15, 17,
January 5, 7, 12, 14, 19, 21, 26, 28
February 2, 4, 9, 11, 16, 18, 23, 25
March 2, 4

Both training sessions will be held at the Edina High School Fieldhouse. Bring tennis shoes and water.

Name _____ Grade in fall of '09 _____

Email _____

Emergency Contact _____ Phone _____

Cost \$110.00

(Please sign Waiver form and attach with this registration form and payment/ two sheets in all - look for the stars.)

Please make checks payable to: FAST, LLC.



Mail all registration material to:

FAST
PO BOX 447
Victoria, MN
55386

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APPLICATION FOR PARTICIPATION

The undersigned ("Participant") wishes to enroll in the physical/athletic training program (the "Program") developed and conducted by Functional Athletic Speed Training, LLC, a Minnesota limited liability company ("FAST"). By signing below, Participant acknowledges and agrees that the following terms shall apply to his or her participation in the program. Participant acknowledges that his or her submittal of this Application for Participation signed by the Participant (and his or her parent(s) or guardian(s), if Participant is under the age of 18) and compliance with its terms is a condition to enrollment and participation in the Program.

In consideration of being allowed to participate in any way in FAST training, and related events and activities, the undersigned:

1. Agree that the parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions, or negligence but the action, inaction, and negligence of others, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assume all the foregoing risks and accepts personal responsibility for the damages following such injury, permanent total disability or death.
4. Release, waive, discharge and covenant not to sue Functional Athletic Speed Training (FAST), LLC., its affiliated clubs, their respective administrators, directors, agents, and other employees of the organization, other members/participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors or premises used to conduct the event, all of which are hereinafter referred to as "releases," from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death and damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.

I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

Name of Participant (print)_____

Name of Parent/Guardian (print)_____

Parent/Guardian Relationship (print) Date_____

Signature of Parent/Guardian _____

