

# SPEED SCHOOL

## Speed School Teaches:

- ◆ The First Step
- ◆ Get-away Step
- ◆ Stance
- ◆ Stride Frequency
- ◆ Posture
- ◆ Mechanics
- ◆ Drills
- ◆ Start



# SPEED SCHOOL

MTSU Box 62  
Murfreesboro, TN 37132

# SPEED SCHOOL

**Featuring: Middle Tennessee  
Strength & Conditioning Staff**



**2008 SPEED SCHOOL**  
**First Session: June 3, 10, 17**  
**Second Session: July 8, 15, 22**  
**6 PM**  
**Cost: \$60 per session or**  
**\$25 per day**

# SPEED SCHOOL

These one-hour sessions are for any athlete male or female ages 10-18 who would benefit from being faster or quicker in their sport. Each student will receive instruction in speed development, various stance and start techniques, quickness in agility and mobility skills, and receive homework at the end of each session to do before the next session. Students will receive instruction from the Middle Tennessee speed and strength staff and learn the same drills the Blue Raiders utilize to optimize their speed and quickness.

**COST: \$60 PER SESSION  
OR \$25 PER DAY**

- All sports depend on speed and acceleration as the component that separates the successful athlete.
- The Speed School will provide the tools to enhance individual success on the court and the field.
- At Speed School, you will learn application of speed and acceleration principles, drills, and techniques.
- Learn the secrets that can enhance your performance in your sport giving you the edge to win.

## CAMP STAFF

**Matt Riley**  
*Assistant AD/  
Strength & Conditioning*

**Russell Patterson**  
*Director of Football  
Strength & Conditioning*

**Jason Spray**  
*Strength & Conditioning Assistant*

**Katie Abundiz**  
*Strength & Conditioning Assistant*

**Michael Wilson**  
*Strength & Conditioning Assistant*

**Scott Millsaps**  
*Strength & Conditioning Assistant*



## REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

School \_\_\_\_\_

Age \_\_\_\_\_ Current Grade \_\_\_\_\_

Check Appropriate Box:

- Session I (Wed., June 3, 10, 17)*
- Session II (Wed., July 8, 15, 22)*

• Speed School is \$60 per session and consists of one meeting per week for three weeks. The cost is \$25 for each daily session.

For further information, please call: Matt Riley at 615/904-8196 or Russell Patterson at 615/898-2428.

### Waiver

I hereby authorize the Middle Tennessee Strength and Conditioning Staff to act according to their best judgment in any emergency requiring medical treatment, and I state the above applicant is in sound physical condition to participate in the Middle Tennessee *Speed School*.

Parent or Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

Detach this portion and return along with the appropriate amount to:

Middle Tennessee Speed School  
MTSU Box 62  
Murfreesboro, TN 37132

*\*Fees can be paid in person on the first day.*