

THE DOLPHIN EFFECT

# SPORTS AGILITY, SPEED, & EXPLOSIVENESS TRAINING

9<sup>th</sup>-12<sup>th</sup> Grade: 7-8 A.M.

5<sup>th</sup>-8<sup>th</sup> Grade: 8-9 A.M.

GIRLS/BOYS COMBINED

**“IF YOU WANT SOMETHING YOU’VE NEVER HAD, THEN YOU’VE GOT TO DO SOMETHING YOU’VE NEVER DONE.”**

## Dates & Location

Every Tuesday and Thursday Morning of June & July.

(4<sup>th</sup> of July week off)

Deubrook High School Gymnasium.

Enter using the weight room doors.

**PLEASE SIGN, PAY, AND RETURN BY MAY 1ST.**

Price: \$30 for the summer. Checks payable to Tim Cariveau

Expectations: Develop Athleticism, Confidence, Competitiveness, & Durability

Necessities: Weather appropriate athletic clothing, indoor & outdoor tennis shoes, sweat towel, & water bottle.

Return Options: Deubrook High School or 101 N Evans Avenue, White, SD 57276

Disclaimer: Athlete assumes all risk of training. Guardian Signature: