



Sports Performance Training Clinics

In Conjunction With The Dearborn Heights Parks & Recreation Department



Clinics will be held on the following days and times:

- | | |
|------------------------|------------------------|
| Jan. 25: 8:15 - 9:15pm | Jan. 28: 11am - 12pm |
| Jan. 31: 8:30 - 9:30pm | Feb. 01: 8:15 - 9:15pm |
| Feb. 04: 11am - 12pm | Feb. 06: 8 - 9pm |
| Feb. 08: 8:15 - 9:15pm | Feb. 11: 11am - 12pm |
| Feb. 15: 8:15 - 9:15pm | Feb. 18: 11am - 12pm |
| Feb. 21: 8:30 - 9:30pm | Feb. 22: 8:15 - 9:15pm |
| Feb. 25: 11am - 12pm | Feb. 28: 8:30 - 9:30pm |

Each session is \$10 per athlete. Athletes must currently be in 5th - 12th grades. Every Clinic includes: footwork/agility drills; core training; injury prevention exercises, and plyometric drills. Learn to have fun and improve on your athletic abilities at the same time. All clinics will take place at the Richard A. Young Center at 5400 Mckinley Road in Dearborn Heights, 48125 . Remember to wear comfortable clothing and bring a water bottle.

For more information please visit www.mytrain-solutions.com or call Anna Napolitano at (313) 363-9121

Please fill out the following information and return to the recreation office.

Which camp are you attending (please fill in one of the dates from above)? _____

Name: _____

Address: _____ City: _____ Zip code: _____

Phone Number: _____ Current Grade Level: _____

Emergency Contact Information

Name: _____

Phone Number: _____ Relationship to Student: _____

I declare my son/daughter physically fit to attend and complete this clinic and I release Innovative Training Solutions, LLC (also including the city of Dearborn Heights) and it's employees, volunteers or anyone working the clinic from any and all liability.

Signature: _____ Date: _____