



REAL SPEED SPORTS TRAINING

UNREAL TRAINING

REAL RESULTS

- ✓ Motivate- Push Athletes to Achieve Individual Goals
- ✓ Engaged Trainers- Get to know Athletes on personal level, Identify Individual's Strengths and Weaknesses
- ✓ Team Challenges- Incorporated to Build Common Loyalty within our Groups
- ✓ Real Results- Proven and Safe Training Methods Include:
 - Real Runners, Real Jumpers, Water Bags, Plyometrics, Traditional Resistance Training

Speed * Power * Athleticism

Fall: 10 weeks, Sep 11-Nov 17 \$350

Winter: 14 weeks, Nov 26-Mar 9 \$475

Full Season: 24 weeks, \$775.

Small Group Training- Up to 6 athletes- Fall \$3000, Winter \$4200, Full \$7000

Contact: Cody Ferriero (978-338-6233) cody@realspeedsports.com

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REAL SPEED SPORTS TRAINING APPLICATION

Make Checks Payable to: NEFPHL/REAL SPEED SPORTS

Athletes Name: _____

Address _____

Phone: _____ Email: _____

Parent/Guardian Name: _____

Phone: _____ Email: _____

Release Form: Must be read and signed by parent or guardian

As parent/guardian of the above named child, I hereby grant permission for him/her to participate in the activities of Real Speed Sports Training. I hereby waive, release and forever discharge said Real Speed Sports Training, it's officers, members, agents, representatives and employees from all claims and demands which I, my heirs, executors and administrators, and those of the above named child have or may have by reason of any personal injury or injuries, property damage or damage of any nature whatsoever resulting from the participation of the above named child in the activities of Real Speed Sports Training and any consequences arising there from. I understand that I must pay the required player fee to participate in Real Speed activities.

PROGRAM SELECTED (Please Check) FALL(\$350) WINTER(\$475) FULL(\$775)

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AND FULLY UNDERSTAND ITS TERMS.

Parent/Guardian Signature: _____ Date: _____

