January 2019 Athletic Speed, Power, and Agility Clinic

Saturday, January 19 & 26th, 2019

Clinic is open to all High School Athletes

Registration: $20

**During this one-day, 1 hour clinic, attendees will learn:**

- Fundamentals of acceleration and top speed sprinting mechanics
- Proper athletic positions to optimize movement, deceleration, agility, and change of direction ability
- Injury reduction techniques, drills, and exercises that can be implemented into your own training immediately
- A sport-specific dynamic warm up designed to improve functional movement, flexibility, and reduce risk of injury

**Attendees will also take home an injury reduction and functional mobility program that can be implemented immediately**

- Single leg balance and proprioception exercises
- Bounding and explosive power development drills
- Hip stability and core strength exercises designed to reduce lower extremity, lower back, and hip injury risk

**Hamilton College Speed and Agility Clinic**

Athletes will participate in a one-day speed and agility clinic on Saturday, January 19, and/or Saturday January 26, 2019 from 5:00p.m. – 6:00p.m. Athletes will be instructed by Hamilton College Certified Strength & Conditioning Coaches.

Participants should wear appropriate athletic clothing including cleats.

**Location:** Hamilton College. Check in will be held in the alumni gym lobby and clinic will be held in the Indoor Turf Field.

**Registration Fee:** $20 per person.

**Pre-registration is required.** Complete and return the waiver below to:

Patrick Basil  
Hamilton College Strength & Conditioning  
198 College Hill Road  
Clinton, NY 13323

Please email Coach Basil at with any questions at pbasil@hamilton.edu.

**Athletes will not be permitted to participate without the completion of this form**

**WAIVER/RELEASE OF LIABILITY**

Participant’s Name: ________________________________________________________ Age: __________________

Complete Address: ____________________________________________________________

Sport: ________________________________________________________________________

Home Phone: ________________________ Cell Phone: ________________________________

I agree to allow my child to be photographed and/or videotaped for possible use in future print and online materials. Please initial here: ________

As parent/guardian of the child named above, I understand the risks involved with my child participating in the Hamilton College Speed and Agility Clinic. I verify that my child has had a physical recently and may participate in all the activities of the Hamilton College Speed and Agility Clinic. I verify that she has no physical impairments/disabilities that make her prone to injury. I understand and acknowledge that in the case of illness, accident or injury, my child will be evaluated by and receive medical treatment from emergency response personnel. I further agree that Hamilton College, its agents, students and employees, and the Hamilton College Athletics Sports Performance staff, shall be held harmless for injury, death or damage to property that occurs while my child is participating in the Hamilton College Speed and Agility Clinic, except that which can be shown as negligence on the part of the College or its representatives.

I acknowledge and understand that I am responsible for any and all bills for first aid, medical and emergency services for my child that result from any injury sustained while participating in the Hamilton College Speed and Agility Clinic.

Parent/Guardian Signature: ____________________________________________ Date: ____________ Please Print Above Name: ________________________________ Emergency Phone Number where you can be reached during the clinic: ________________________________

A member of the Hamilton College Athletic Training Staff will be on site during the clinic.