

# ***Speed-Quickness-Agility***

## ***Summer Conditioning Programming***

### *Frequently Asked Questions*

#### **What is the purpose of the Speed, Quickness, Agility Summer Program?**

Speed and agility workouts compliment and improve performance in all sports. The workouts improve acceleration, deceleration, foot speed, quickness, and change of direction. If you want to get better at your sport, you must develop your overall athleticism. That is what this camp brings to the table. Remember, you can't coach speed, you develop it.

#### **Who will coach our athletes?**

The summer conditioning program will be led by Steve Maiorca and Todd Pierson. These talented AuSable Valley physical education teachers bring years of experience and knowledge to our program. We invite you to look at our "Meet the Coaches" page to learn more about them.

#### **Who can attend?**

Any AuSable Valley student who will be entering grade 7 through grade 12 in the fall of 2019 is eligible to participate.

#### **When will the program be held?**

The program begins on Monday, July 1, with an orientation session and introduction to the drills for the athletes. Every training session will run from 6 until 8 p.m. The remaining sessions will be held every Monday and Thursday, beginning on July 8 and ending on August 12. (There will be no training session on July 4<sup>th</sup>.)

## **Where will the program be held?**

Each session will begin at the turf field at AuSable Valley High School. In the event of inclement weather conditions, athletes will use the indoor facilities (including the pool).

## **What should my athlete bring?**

Athletes should wear shorts, t-shirts, and sneakers. They should bring water to maintain hydration and sunscreen. A bathing suit and towel should be brought every day in case the pool is used. **Athletes should bring epipen, inhaler, etc. if necessary!**

## **What is the cost?**

The cost for the summer program is \$80 per athlete. Please make checks payable to AVCS Booster Club.

## **Where can I obtain a registration form?**

Forms are available on the bulletin board outside of Mr. Munson's office or can be picked up in the nurse's office.

## **When is the registration form due?**

For planning purposes, it would be helpful if registration forms were turned in as soon as possible. However, students can register before the first session on Monday, July 1, at 6 p.m.

## **Where should registration forms be turned in?**

Students may return the completed registration with payment to Mrs. Knapp (Sets E & F) or Mrs. Taylor (Sets C, H, & I) at the MHS.

Registration forms may also be mailed to:

AuSable Valley High School  
c/o AVCS Booster Club  
1490 Rt. 9N  
Clintonville, NY 12924

**How do you contact us if you have any questions or concerns?**

Contact the AVCS Booster Club with any questions @: [avcsboosterclub@gmail.com](mailto:avcsboosterclub@gmail.com)