



Dear Sports Coordinator,

Would you like your school student to participate and learn about Speed & Agility

This course is aimed at 1st years, 2nd years, 3rd years and 4th years only.

We have worked with many international teams and athletes on a 1-2-1 basis over the past 20 years and we are now available to work with students at your school.

“ Speed & Agility Course “

Speed Development focusing on

- Maximum Velocity
- Straight Line running
- Running Technique
- Speed Drills
- Speed for Hockey, Gaelic, Basketball, Football, Rugby

Agility Development focusing on

- Acceleration
- Deceleration
- Braking Strength
- Evasion Drills

Details

Day : Friday morning
Time : 7.45-8.30am
Duration : 3 weeks
Dates : **Starting Friday 11th November** , 18th November & 25th November
Location : Indoor sports Hall, Loretto Foxrock school.
Date : €50 per child (we need a minimum of 15 children signed up prior to starting)

To register into this course , please fill in the below form and hand the form and the €50 into an envelope and bring it with you on the first session.

I am fully qualified PE teacher, Athletics coach , Garda vetted and insured (all documents can be shown).

Many thanks

Aled Hughes - Speed 4 Sports Team

<http://www.aledhughes.ie/speed4sports/mentoring-motivating/>



Speed & Agility Course

Loretto Foxrock School

Application Form

Full Name : Year in School

Date of Birth : Age :

Contact telephone number of a parent :(mum/dad)

Please hand in this completed form with the monies in an envelope to Aled Hughes (Speed Coach) on the very first day of the course.