



Speed and agility are paramount to the competitive athlete! One of the primary assets to improving speed is correct body posture. This clinic **will teach proper mechanics** to ensure firm running form.

Speed is a motor task and by improving body mechanics, coupled with the drills used at this clinic, an athlete can learn to run faster in time.

Agility focuses on foot speed, change of direction, and quick reaction. Agility is a combination of balance, speed, reflexes, strength, and coordination. This training focuses on acceleration and deceleration as well.

Registration
Cost \$90.00
(Checks payable to: Marilouise Mazzante) & Registration forms should be mailed to:
1215 Arthur Rd.
Montoursville, PA 1775
Call to register...NOW!
570-368-4727

**Registration Form
 &
 Athlete Permission Slip for the
 Speed and Agility Clinic
 Presented by Marilouise Mazzante**

I/We the parent(s)/guardian(s) of _____

give my/our permission to Marilouise Mazzante to train my/our child with a training regiment for speed/agility clinic (2016). Giving my permission means I/we agree to absolve Marilouise Mazzante of any responsibility or liability due to an accident or injury, which may occur during/ through training.

Through signing, I/we agree to these provisions, understand its contents and are in agreement as outlined.

Parent/Guardian signature

 Complete Address:

Age/grade of athlete '15-'16 school year

 Phone number/s (Landline & cell)

 email address

Date _____

The above registration form & money (cost of the camp- **\$90.00 prior to the first day**) should be payable to Marilouise Mazzante: 1215 Arthur Rd., Montoursville, PA 17754 (No Refunds). Day of registration-\$100.

To reserve a place, you may call to register at 570-368-4727. **OFFICIAL registration** occurs upon receipt of payment & permission slip.



**Speed and Agility
 Clinic**

Speed
Mechanics
Agility/Acceleration
Running Faster
Training Speed & Power

Directed by Olympic Sport Festival Coach, Marilouise Mazzante ("Maz")

Location: Williamsport Branch YMCA--641 Walnut St, Williamsport

Visit us at
www.Fastmaz.com

Sponsored by the Williamsport YMCA and Ron and Rosie Cimini

Visit us at
www.FastMaz.com



*“If you’re on your heels,
You’re slow!!!!*



Dates/camp time. The clinic is 6 sessions!

***Sunday’s Jan. 17, 24, 31,
Feb., 7, 14, 21 from 11-Noon @
Williamsport Branch YMCA***

**Directed by Marianne
Mazzante(“Maz”)**

- **Currently speed coordinator for Little League Baseball summer camps**
- **Currently working speed with a variety of local football, basketball, baseball, teams**
- **Personal speed training coach**
- **2011 Pennsylvania Track & Field Hall of Fame Inductee**
- Former Williamsport High School Track and Field and Cross country Coach
- -PA. Track & Field Coaches Association “Coach of the Year”
- -U.S. Women’s Track Coaches Association winner of the East Region Women’s High School Service Award
- -Nominee for National High School Girls Track Coach of the Year
- -Honorary Women’s High School Referee for the Penn Relays
- -Member of the National Executive Committee of High School Women of USA Track & Field
- -Served as assistant coach on the USA East Region staff for the Olympic Sports Festival Meet
- -Selected as a USA coach for the USA-Great Britain meet
- -Selected Person of the Year by the PA Track and Field Coaches Association

**Clinic will be held at the
Williamsport Branch
YMCA**



IT TAKES A LITTLE
MORE TO MAKE A
CHAMPION

