



**Registration Form
&**

**Athlete Permission/Picture Slip for
the Winter Speed and Agility Clinic
Presented by Coach Marilouise
Mazzante(Maz)**



**Speed and Agility
Clinic**

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 \$100.00

**(Checks payable to: Marilouise
Mazzante) & Registration forms
should be mailed to:**

**1215 Arthur Rd.
Montoursville, PA 17754
Questions? 570-368-4727**

**Email contact:
Fastmazz@comcast.net**

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 (2017). 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 to include pictures to be used in the media.

Parent/Guardian signature

_____ Complete Address:

_____ Age/grade of athlete current school year

_____ Phone number/s (Landline & cell)

_____ email address

Date _____

The above registration form & money (cost of the camp- \$100.00 prior to the first day) should be payable to Marilouise Mazzante: 1215 Arthur Rd., Montoursville, PA 17754 (No Refunds). **Day of registration-\$110.**

***OFFICIAL registration occurs upon receipt of payment & permission slip.**

**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 Fastmaz.com ; Or
our app at
<https://fastmaz.appsme.com>**

Take advantage of the timing of this Clinic.... **The final push at the end of the winter sports competitive season, and a prelude to the spring sports training season!!**



Dates/camp time. The clinic is 7 sessions!
Sunday's:
Jan. 15, 22, 29,
Feb., 5, 12, 19, 26
Time: 11:00 a.m.-Noon @
Williamsport Branch
YMCA

Directed by Marilouise Mazzante("Maz")

- **40 years coaching experience**
- **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; first and only Female!**
- 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 Olympic Sports Festival 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

Equipment:

- ✓ Cones
- ✓ Bands
- ✓ Parachutes
- ✓ Ladders
- ✓ Plyometric boxes
- ✓ Mini hurdles
- ✓ Speed rings
- ✓ Recoil 360 assistance/resistance trainer

Videotaping or recording is prohibited!

