

**Registration Form
&
Athlete Permission Slip for the
Winter Speed Training Camp
Presented by Marilouise Mazzante**



This camp works with the development of running mechanics, leg speed, foot cadence, and power to generate maximum speed, and transitional speed and agility. Athletes will be introduced to, and utilize the skills necessary to improve one's foot speed. These skills are critical in speed development and agility!

The training is done in short intervals. This is not distance running!!! We will work within 30-40-50-60-70 meters of running. All athletes will learn a variety of drills to improve speed and acceleration. In addition, we will incorporate beginning plyometric box training to develop strength to improve speed.

The coaching staff will analyze athletes throughout the camp and do a complete, assessment of running technique & SPEED mechanics through one-on-one instruction!

The best in technique, speed development, agility, and fast feet!

Registration: Cost \$100.00
Checks payable to:
Marilouise Mazzante
Check & Registration forms
should be mailed to:
1215 Arthur Rd., Montoursville,
PA 17754
No Refunds

I/We the parent(s)/guardian(s) of (athletes name below):

give my/our permission to Marilouise Mazzante to train my/our child with a training regiment for speed camp. 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 (to include photo release) on line below:

Complete Address:

Age/grade of athlete, currently

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

Register on line at fastmaz.com
OFFICIAL registration occurs upon receipt of payment & permission slip.
Email: fastmazz@comcast.net



FastMaz SAQ Camp: Speed, Agility, Quickness

Directed by East Region Olympic Sport Festival Coach, *Marilouise Mazzante ("Maz")*;

Location: Liberty Arena

Dates: Sundays: Nov. 6, 13, 20, 27, Dec. 4 & 18, 2022

Add this speed training to your current winter sports season, and/or get a jump into the Spring sports season.

Time: 11:00-12:15
Visit us at: Fastmaz.com

Email: fastmazz@comcast.net

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

- 47 years coaching experience
- *Currently speed coordinator for Little League Baseball camps*
- *Currently working speed with local football, basketball, soccer programs at Loyalsock, South Williamsport, & Williamsport High School*
- *Personal speed training coach, coaching many all state athletes & D1 and collegiate prospects*
- *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*



**Videotaping or recording
is prohibited!**

Dates/camp time:
Sundays: Nov. 6, 13, 20,
27, Dec. 4 & 18
11:00 a.m.-12:15
Liberty Arena
Williamsport

Equipment:

- ✓ Cones
- ✓ Bands
- ✓ Parachutes
- ✓ Ladders
- ✓ Agility Pro
trainer trapezoids
- ✓ Plyometric boxes
- ✓ Mini hurdles
- ✓ Speed rings
- ✓ Agility poles
- ✓ Acceleration
Speed cords

*****All athletes should
bring a bottled water/
sports drink to each
session!**

**Athletes may bring rubber
cleats, or turf shoes for
some workouts but should
have sneakers, DAILY!**