

SPARTAN SPEED SCHOOL

offers instruction and drills to enhance the speed of any performer regardless of sport specialty

Whatever your sport or age – you will benefit from the Spartan Speed School!

SPARTAN SPEED SCHOOL

is patterned after cutting edge Speed Development approaches proven to work time and again from middle school to the professional levels.

SPARTAN SPEED SCHOOL

offers a curriculum designed to help you

INCREASE

Power & Strength

IMPROVE

Speed over any distance

ENHANCE

Acceleration & Maximum Velocity

LEARN

Secrets of Elite Performance

All Camp Participants will receive:

- Personal Instruction
- Exclusive Camp T-Shirt
- Written Training Guide & Drill List

MULTI-SPORT SPEED & QUICKNESS SCHOOL

WHO: Boys & Girls grades 6 & up.

WHAT: 9 two-hour training sessions designed to improve acceleration and maximum velocity sprint skills.

WHEN: M-W-F mornings from 9-11 starting June 29 to July 17.

WHERE: Boardman High School Athletic Complex all-weather track.

COST: \$125 for 9 two-hour sessions

**\$25.00 DISCOUNT
IF APPLICATION IS
POSTMARKED BY
JUNE 8, 2009!!**

Each Camper Should Bring:

*Positive attitude & great work ethic
Weather-appropriate clothing
Soft-soled athletic shoes
Track spikes (if a track athlete)
Fresh fruit for snacking*

**Reserve your spot by
registering now.
\$25.00 Discount if Postmarked
by June 8th!**

About Spartan Speed School...

The Spartan Speed School has evolved from a series of summer camps to a highly respected training venue for local athletes seeking an "extra edge" to prepare for their fall sports season. It is a true school in that it teaches campers the fundamentals of sprint speed and uses proven drills and exercises to reinforce and improve any athlete's speed skills.

Speed School director, Dave Pavlansky, has coached sprints and speed development skills at Boardman High School since 1989. He is a USATF certified Lead Instructor specializing in training theory and sprint/hurdle events. In 2007 he was among only 10 sprint coaches selected nationwide to attend that section of the USATF's Emerging Elite Coaches School in Orlando, Florida.

Since becoming head track coach at Boardman in 2000, his teams have won 5 league titles, 6 district championships, produced 16 All-Ohioans, developed two Nike All-Americans and numerous Nike National Championship competitors. He is USATF Level 2 certified in the sprints/hurdles, jumps, and endurance events.

Prior to coming to BHS, Pavlansky gained experience coaching football at Miami University, (OH) and Youngstown State.

The Spartan Speed School has always sought to bring cutting edge knowledge of speed development to the Mahoning Valley. We hope you can join us for another "summer of speed."

REGISTRATION

Yes, I will attend the **Spartan Speed School** on M-W-F from June 29 to July 17. Enclosed is a check or money order for \$125.00 to reserve my place (\$100.00 if postmarked by June 8.)

Name: _____
Street: _____
City/State: _____
Zip: _____ Phone: (____) _____
School: _____
Age: _____ Grade: _____
T-shirt Size: S M L XL XX XXX
Sport(s) _____

WAIVER

I hereby authorize the staff of Spartan Speed School to act accordingly in the event of a medical emergency. I waive and release the camp and it's participants from any and all liability for injury and illness incurred while at the camp. I have no knowledge of any physical impairment that would influence the above named student's participation at the camp.

Signature of Parent/Guardian

Name of health insurance / accident plan

Make Check Payable to:
Spartan Speed School – 2009

Return Check & Registration to:
Dave Pavlansky, Spartan Speed School
Boardman High School
7777 Glenwood Avenue
Boardman, OH 44512

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Boardman High School
7777 Glenwood Avenue
Boardman, OH 44512
(330) 758-7511

Get
On
The
Fast Track...
***SPARTAN
SPEED
SCHOOL***

**MULTI-SPORT
SPEED & QUICKNESS SCHOOL**

JUNE 29TH - JULY 17TH, 2009
M-W-F / 9-11 a.m.

Boardman High School
Athletic Complex
7777 Glenwood Avenue
Boardman, OH 44512
(330) 758-7511