

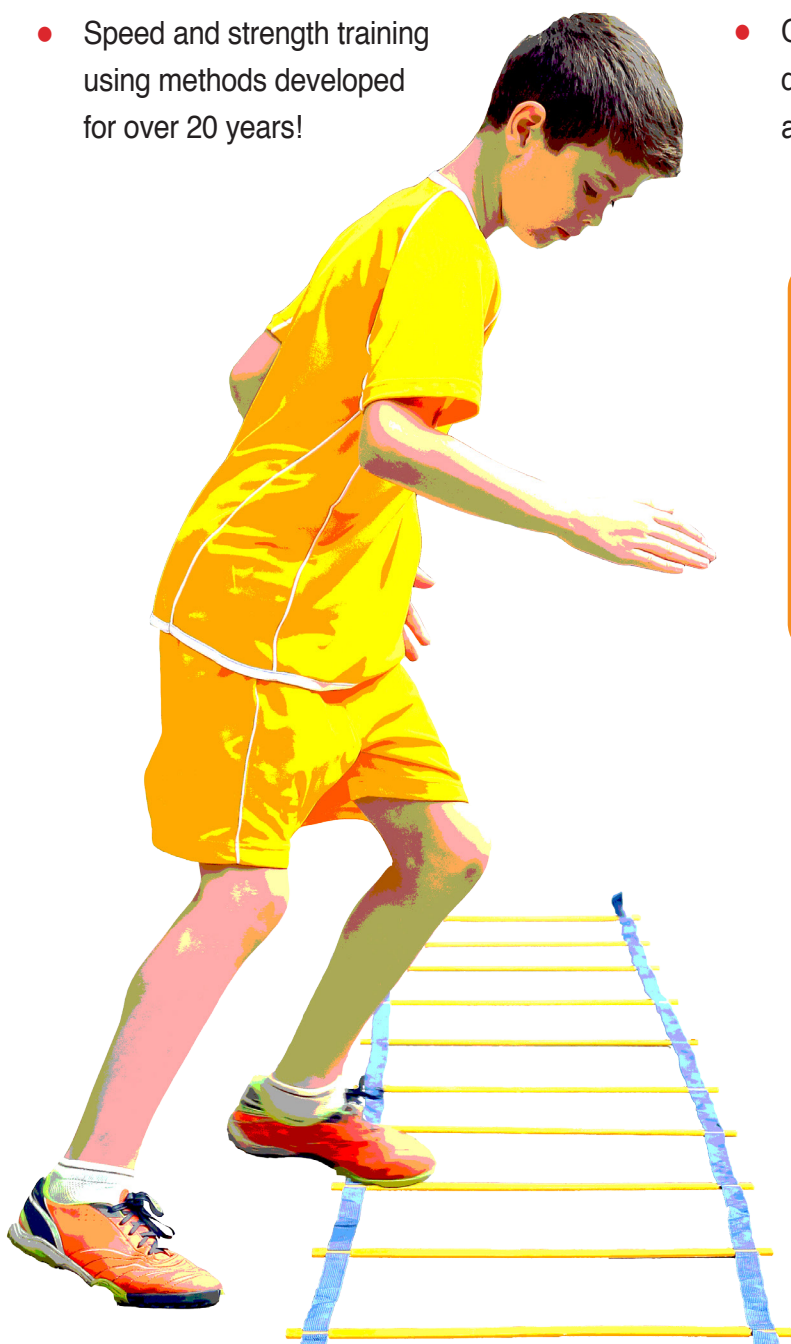
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SUPERDOME SPEED SCHOOL

SPEED AND AGILITY

Come see why Superdome Speed School must be part of your players' off-season training!

- Improve coordination, agility, power and speed!
- Focus on the areas that will differentiate your player from her competition!
- Speed and strength training using methods developed for over 20 years!
- Age-appropriate drills and techniques with corrections that set a foundation for the rest of their athletic lives!
- Coordination, running technique, first-step quickness, flexibility, injury prevention, weight loss and self-confidence!



DETAILS

- Grades 2-8
- Spring Session: \$195
- Mondays 5-6pm
- Spring Session: 7 weeks
April 24th to June 12th
(no Memorial Day)

(201) 444-7660

info@superdomesports.com

www.superdomesports.com



134 Hopper Ave., Waldwick, NJ 07463

SUPERDOME SPEED SCHOOL

SPEED AND AGILITY

REGISTRATION FORM

Session

- Spring Session - 7 weeks - \$195
April 24th to June 12th

Name _____

School Grade _____ Birthdate _____

School _____

Parent's Name _____

Home Address _____

City _____ State _____ Zip _____

Email Address _____

Home Phone _____

Work Phone _____

Cell Phone _____

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Mastercard Visa American Express Discover

Card Number: _____ Expiration Date _____ Security Code _____

Billing Address _____ City _____ State _____ Zip _____

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Credit card orders may be faxed to (888) 896-8757

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Superdome Sports
134 Hopper Ave.
Waldwick, NJ 07463

Each player must submit a completed online waiver prior to play. Available at superdomesports.com/waivers

