



**The EAGLE**

The Athletic Department, in conjunction with Mercy Health, is offering a summer training program at Clay High School for OCCS students. The program's goals are to improve the participant's speed, agility, core strength, and coordination. All sessions will be directed by Mercy Health Partner's Ryan Gutzky (ATC). Training will be conducted outdoors, weather permitting, and will include a variety of training methods. For convenience, the program offers training at three different times Monday, Wednesday, and Friday.

The EAGLE will consist of exercises that will help one improve their speed, agility, coordination, endurance, and athleticism. These exercises will have a wide range of targets such as the different energy systems of the body to training one's motor skills. Sessions will occasionally include group activities to help build team-building skills as well.

**Please select one of the following:**

**Speed and Agility Groups**

**Monday, Wednesday, Friday**

**Group A) 9:00am-10:00am**

**Group B) 1:00pm-2:00pm**

**Group C) 3:00pm-4:00pm**

**Session 1: June 6<sup>th</sup>- June 30<sup>th</sup>: Cost \$15**

**Group A) 9:00am-10:00am**

**Group B) 1:00pm-2:00pm**

**Group C) 3:00pm-4:00pm**

**Session 2: July 6<sup>th</sup>- July 30<sup>th</sup>: Cost \$15**

**Group A) 9:00am-10:00am**

**Group B) 1:00pm-2:00pm**

**Group C) 3:00pm-4:00pm**

**Groups should meet at the Inside Athletic Training Room, by the gyms, at the time they sign up.**

Note: Training times are subject to change based on participants enrolled.

**Athlete Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Cell Phone/ Emergency:** \_\_\_\_\_

**Parent E-mail:** \_\_\_\_\_

Return this form and payment to the Clay Athletic Department:

5665 Seaman Rd. Oregon, Ohio 43616

**\*\*\*Please make checks payable to Clay High School\*\*\***