

# ***GAMESPEED***

## **Chabot College Speed & Power Clinic**

***Learn by doing clinic for All Sports***

**March 7<sup>th</sup>, 2010  
9 am – 12 pm**

**Chabot College Weight Room – Room 2702**

GameSpeed Sports Performance and Chabot College present a vital learning experience for athletes and coaches in any sport requiring explosive speed and power. Discover how to make that crucial “speed-power connection” that separates winners from losers. The clinic will start with classroom discussion on the principals surrounding the speed–power connection. The clinic will be hands on experience, participation and instruction covering weight resistance (not just Olympic lifts), plyometrics, proper sprint technique and drills to improve speed and power. To get the most from this school every attendee should be dressed for activity and prepared to participate.

**Clinic Size will be limited to 15 athletes & 20 coaches**

**Pre-Registration Fee:  
\$35 per athlete,  
\$25 coach or spectator**

**Walk in Registration Fee: \$45 per athlete or Coach**

### **Schedule**

8:30-9:00: Same day Registration

9:00-9:45 Discussion –“Making the Speed-Power connection”

9:45-10:00 Break

10:00-11:00 Weight Training & Explosive Power (Demonstration & Participation)

11:00-12:00 Speed Skills (Demonstration & Participation)

To Reserve your spot please call: Aaron Thigpen (925) 737-0700 and/mail your registration to: GameSpeed, 7071 Commerce Circle, Pleasanton, CA 94588. Please cut off and mail back the bottom part of this flyer. Please call and mail bottom of flyer by March 1st

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Name \_\_\_\_\_ Age \_\_\_\_\_ Sport \_\_\_\_\_ School \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

*Please Circle one* - Coach or Athlete

**Please make checks made payable to: Gamespeed Sports Performance**