



# AFTER SCHOOL SPEED AND AGILITY TRAINING

Fitness is a huge passion of mine. I enjoy passing my love and knowledge of fitness on to the students here at Noah Webster. My After School Speed and Agility Program will help your students learn correct form with explosive movements, running, jumping, body weight exercises, and much much more! Whether your student is interested in improving their 40-yard dash time, increasing vertical for basketball or simply just wants to become a better all-around athlete then this program is for them.

## Our athletes will use circuit training to improve their:

- Speed
- Coordination
- Balance
- Agility
- Strength
- Overall Fitness



\*Please bring tennis/running shoes and a water bottle

**Cost:** \$40 Per Session \*Make checks payable to NWS

**Who:** Kinder-6<sup>th</sup> Grades \*Subject to availability

**When:** Fridays 3:00-4:00 (1:00-2:00 on early release Fridays)

**Session 1:** August 5 – September 9

**Session 2:** September 16 – October 21

**Session 3:** October 28 – December 9

**Session 4:** December 16 – February 3

**Session 5:** February 10 – March 24

**Session 6:** March 31 – May 5

**Former Professional Baseball  
Player in the Chicago Cubs  
Organization**

**6 years of professional training  
and working with World Class  
Trainers in Speed, Agility, and  
Fitness**

**Personal Trainer in Scottsdale  
for 3 years**

**Physical Education Teacher at  
Noah Webster School**

**Austin Reed**

[areed@noahwebster.org](mailto:areed@noahwebster.org)

**480-986-2335 Ext. 2306**

Speed and Agility Lessons

Session # (circle one)

1 2 3 4 5 6

Student Name: \_\_\_\_\_ Teacher: \_\_\_\_\_ Siblings in Other Programs?: \_\_\_\_\_

Parent Name/Email/Phone Number: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

How is your student getting home?? (Please check one)

4:00 P.M. Parent Pick Up: \_\_\_\_\_ Late Bus (Color): \_\_\_\_\_ After Care (must be signed up) \_\_\_\_\_ Walking: \_\_\_\_\_

\*Please include parent/guardian email and phone number. In the event of program cancellation on a specific day an email will be sent notifying parent/guardian of cancellation.

\*\*Enrollment & payments can be made online at <https://noahwebstermesa.boonli.com> or via this form. Students must be picked up by 4:10 to avoid late pick up fees. No refunds or pro-rating will be given.