

SDLL 6 Week Speed & Agility Clinic

Athletes will:

- ✓ Learn exercises to increase speed, agility and quickness
- ✓ Learn what drills to do, why, and how often to do them
- ✓ Understand how the drills can impact their game
- ✓ Learn how stretching and foam rolling can prevent injuries
- ✓ Develop healthy habits and learn to enjoy exercise
- ✓ Guarantee parents one good night of sleep each week!

About your instructors:

Dr. Sullivan is a Certified Strength and Conditioning Specialist, Certified in Dry Needling, played collegiate soccer and run marathons. One of the original developers of the BodyFITT™ program which was designed to help prevent injuries.

Dr. Fadool is the Injury Prevention Coordinator at Triangle Volleyball Club, and a certified FMS™ expert. She has coached junior girls national travel teams for over 5 years and played collegiate volleyball.

BONUS: Both physical therapists will be available to answer questions about any injuries or nagging pains for the athlete (or even their parents).

Kid's sports PT clinic for Baseball and Softball players!

Ages 9-12

*15 Slots
Available*



*Register
before Nov.
30th for a \$10
discount*

*Wednesdays from 6:15-7:15pm
January 8th – February 12th, 2020*

FOR MORE INFORMATION CONTACT JEFF:

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Speed and Agility Clinic REGISTRATION FORM

Today's Date: ___/___/___ Session Registering for: Spring/Summer/Winter-Year ___

Athlete Name: _____

DOB: ___/___/___ Age: _____

Years' experience playing baseball: _____ Favorite Position: _____

Other sports athlete plays: _____

Favorite Sport: _____

Recent Injuries/Limitations: _____

Parent Name: _____

Address: _____

Parent Mobile Number: _____ Parent email: _____

Alternate Parent Contact Name: _____

Alternate Parent Contact Mobile Number: _____ Email: _____

Feel free to leave the facility to attend one of the local restaurants in our complex.

Your registration fee includes a Free Consult with a physical therapist or a Free BodyFITT Analysis.

This can be used for the athlete or any family member.

I would like a Free BodyFITT analysis (30 minutes)

I would like a Free PT Consult (15-20 minutes)

Other Services you would like to see offered at this location: _____

