

BULLET SPEED TRAINING



***WHAT:** The Williamsville High School and Junior High School Track Coaches will conduct speed training for ALL athletes! The training will focus on speed development drills, proper running form, acceleration and max velocity development. There will also be a Track Camp at the end of the summer that will focus on the various running and field events!

***WHO:** GRADES 6TH THRU 12TH

***WHERE:** WILLIAMSVILLE HIGH SCHOOL TRACK/GYM

***WHEN:** JUNE: 10, 12, 17, 19, 24, 26
JULY: 8, 10, 15, 17, 22, 24

***RAIN DATES:** THURSDAYS OF EACH WEEK
(One make up day per week)

***COST:** \$50 PER ATHLETE - DUE BY MAY 31ST

***TIME:** 6PM – 7PM

***T-SHIRT INCLUDED**

-Athlete Name: _____

Age: _____

-Grade for 2019: _____

-Parent Name: _____

Emergency Contact: _____

-Parent Phone: _____

Emergency Contact Phone: _____

-Parent Email: _____

-T-Shirt Size: YS YM YL YXL S M L XL XXL

Please fill out and return with payment to:

High School: Coach Patrick

Email: patrick@wcusd15.org

Phone: 217-370-1489

Elementary: Coach Weller

Email: weller@wcusd15.org

Phone: 217-725-4330

Elementary: Coach Peters

Email: peters@wcusd15.org

Phone: 217-430-4105

Junior High: Coach O'Connor

Email: occonnor@wcusd15.org

Phone: 217-899-8360

Mail to: Josh Patrick

900 S. Walnut St.

Williamsville, IL. 62684

Please make checks payable to WHS Track and Field