



Speed Development

Because the difference between good and great is SPEED!



Attend The 17th Annual ALL-SPORT SPEED Development Clinic!

Clinic session housed at the BD indoor track

AT BEN DAVIS HIGH SCHOOL

1200 N. GIRLS SCHOOL RD.

SUNDAY, FEBRUARY 14, 2010 FROM 1:00pm - 6:00pm

Eight sessions of pure Speed Development for the high school or junior high athlete. Over 2200 athletes and coaches have already experienced THE SPEED CLINIC in the past 16 years!

This exciting opportunity is a LEARN BY DOING clinic for both ATHLETES and COACHES. The clinic is directed towards developing speed for all sports that require running as a means to success. FOOTBALL, BASKETBALL, TRACK, BASEBALL, SOFTBALL, and SOCCER all rely on team speed for gaining the edge. This clinic is designed to help ALL those who want to learn how TO BE FAST!

CLINIC HIGHLIGHTS INCLUDE:

- *Video Evaluation on your running form (side and front view)
- *Power Harnesses
- *Stride Mat, Acceleration Ladder
- *Low Impact Plyometrics
- *Sprinting Technique Instruction with Drills to correct specific efficiency flaws
- *Speed Chutes
- *OverSpeed Bungees
- *Starts - (40yd dash and block starts)
- *Flexibility Drills for SPEED

Clinic Staff: Director Mike Davidson, Mike Kirschner, Jay Douglas, Steve Samuel, Nick Balbach, Brandon Bangle, Steve Yaros, Michael Vinson, Davyd Cash, James Compton, Orlando Mason and more!

Cost is \$20.00 per coach, athlete or spectator.

***** PRE-REGISTRATION:** If your registration is **RECEIVED** before Wednesday, February 11th, you are guaranteed A T-Shirt and coaches also get clinic notes. **Registration at the door is also \$20.00, no guarantee on T-Shirt or notes.(first come basis)**

THE SPEED CLINIC VIDEO (the clinic instruction and drills on DVD) is available for \$20 (only \$10 if registered)

For more info visit the WEB at www.wayne.k12.in.us/bdbytrk

Questions? E-mail or Call Mike Davidson - mike.davidson@wayne.k12.in.us (317)852-0999 (home)

Speed Development at Ben Davis Clinic Registration Form

Please print information below.

Make checks payable to THE SPEED CLINIC

Send to: Mike Davidson, Speed Clinic, 1200 N. Girls School Road, Indianapolis, Indiana 46214.

Name _____ gender _____ Age _____

Grade _____ Phone No. _____ Circle: Athlete or Coach

School _____ Athlete Shirtsizes _____ Coach Shirt Size _____

___ YES! I want a SPEED CLINIC DVD (include an additional \$10.00)