



Speed, agility, & quickness training (SAQ) Fall/Winter 2007

The Pursuit SAQ programs have been developed over the last six years to be arguably the best in British Columbia. Craig Dalrymple (B.Sc. (kinesiology), Certified Strength & Conditioning Specialist, and UEFA, CSA & USSF 'A' License Soccer Coach) is the principal designer of the programs. The training specifically targets foot-speed and whole body co-ordination. Running form, agility, acceleration, and core training are also incorporated into the program. The programs are an excellent tool for athletes returning from injury, preparing for tournaments, provincial, and national championships, to improve overall fitness levels, or to gain an advantage over their peers.

This program is available to athletes aged 10 to 16 years

**Tuesday evenings 4:45 to 5:45pm
New artificial turf field, Cloverdale Athletic Park**

6 week program (split into two phases)

Phase 1 – Oct 16th, 23rd, 30th

No training Nov 6th or 13th

Phase 2 – Nov 20th, 27th, Dec 4th

Instructor

Craig Dalrymple – B.Sc. (KIN) & Certified Strength & Conditioning Specialist, UEFA 'A' License

Name: _____ Date of birth (month/day/year): _____

Mailing address: _____

Postal code: _____

Telephone number: _____ Email address: _____

Medical concerns: _____

Contact person (name, tel): _____

T-shirt size (YS to AXL): _____

The undersigned agrees that PURSUIT Training and Rehabilitation, nor any sponsors, and sport consultants will be held responsible for any accidents or loss, and agrees to release all coaches/sport consultants for all claims and damages which may arise as result of/or by reason of such accident or loss.

Athlete: _____ Parent/guardian: _____

Date: _____

Cost = \$120/athlete

(make cheque payable to PURSUIT) *Prices include GST & t-shirt. A tax receipt is available upon request*

Mail registration form & cheque to:

21497 89th Avenue, Langley, BC, V1M 1Y3 (Tel: 604-788-8458)