

RICE ATHLETICS
ATTN: CASEY THOM
6100 MAIN ST. MS-548
HOUSTON, TX 77005

Rice Athletic Development Program

Membership includes

- 2 training sessions a week on Monday and Wednesday nights from 6-7:30 all year long.*
- Monthly testing and evaluation to ensure your athletes are working towards their goals.
- A monthly workout program designed specifically for your athlete.

Additional Benefits

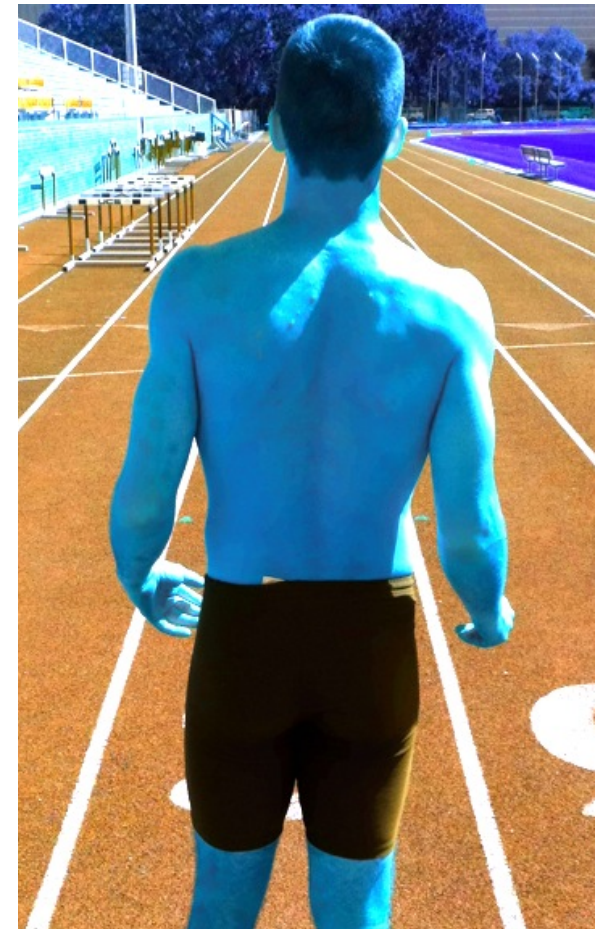
- Free admission to any speed camp (A minimum of 5 will be held annually) (\$600 Value)
- (1) Speed Drills DVD (\$35 value)
- Updated Monthly Drills Videos
- Instruction Manual on Speed and Training Design
- Mental Skills Newsletter
- USATF Membership (\$30 Value)

Family benefits

Parents are welcome and encouraged to workout at the facility during the sessions free of charge!

*This excludes the week of Thanksgiving, Christmas, New Years, and the NCAA Track and Field Championships.

RICE SPEED AND ATHLETIC DEVELOPMENT PROGRAM



speed-development.com



SPEED, POWER, AGILITY,

Instructors

Casey Thom– Coach Thom is an assistant track coach at Rice University. He was a NCAA All-American decathlete and holds a master’s degree in Sports Science. Thom is certified by the National Strength and Condition Coaches Association, and has achieved certification from USA Track and Field as a Level II sprints, throws, jumps and multi-events coach. He is also a certified coaching education instructor and has held several coaching education clinics in Houston. Coach Thom has used his speed development methods to coach athletes that have won NCAA Championships, competed in the Olympics, and set national records.

Patrick Pyle– Coach Pyle was an outstanding sprinter and decathlete at Kansas State University, with a personal best in the 100m of 10.64. He has spent the last 7 years working with athletes from a wide variety of sports to help them improve athletically, including the Kansas State Football team, the state champion Manhattan High School Track and Field team, and the Rice Track and Field team. He is coordinator and coach of the post-collegiate training group – Owl Athletic Club. In 2010, the OAC produced a 2011 World Track and Field Championships qualifier, a USA T&F National Championships qualifier, and a Greek T&F National Championships finalist. His understanding of athletic development at all levels, and his ability to communicate concepts to athletes has established him as one of the best young coaches in the nation.

Pricing	
Annual	\$1250 (around \$12 a Session)
6 months	\$800
Monthly	\$200

Additional Children will receive a 25% discount.

Who: Athletes 8 and up from all sports who want to increase their speed and athletic ability.

Where: Sessions will be located at Rice Track and Soccer Stadium.

When: Every Monday and Wednesday from 6–7:30pm.*

Register online at sped-development.com or email cdt1@rice.edu.

Contact Casey Thom (832)–566–4414 cdt1@rice.edu with any questions.

*This excludes the week of Thanksgiving, Christmas, New Years, and the NCAA Track

Mission

Our mission is to provide the highest quality athletic instruction to allow athletes to develop to their fullest potential. Our goal is to help athletes increase their speed, power, and agility in order to improve their performance in their sport. We use scientific methods to design and evaluate training to ensure that our training programs are effective. We also aim at developing discipline, hard work that will help your athlete be successful in all areas of life.

