

Clinic Fees

Pre-Registered:

Personal Check / Money Order must be received **10 days prior** to the clinic start date. Deadlines: April 13 for April 23; May 17 for May 27; May 27 for June 3.

\$40 per Athlete

\$35 per Athlete (Group Rate)
6 or more from same school
Must receive all Registration Forms & Payment Together

**ONLY PRE-REGISTERED ATHLETES
WILL RECEIVE A MANUAL & T-SHIRT!
WALK-UPS RECEIVE A MANUAL ONLY!**

Walk-Up Registration:

Cash / Money Order / Credit Cards Only
****No Personal Checks****
Must present signed parent consent form

\$50 per Athlete

\$45 per Athlete (Group Rate)
6 or more from same school
Must register together



Please make check / money order out to:

Trojan Power

Send To:

University of Southern California
Strength, Speed, & Cond. Dept
3501 Watt Way-HER 203B
Los Angeles, CA 90089-0602

Dates & Start Times:

Registration, 8:00am-9:00am
Sat, April 23rd, 9:00am – 1:00pm
Sat, May 27th, 9:00am – 1:00pm
Sat June 3rd, 9:00am – 1:00pm

What to Wear:

Shorts, T-shirt, and Cleats are Preferred

Cancellation:

A full refund will be given if you e-mail or call to cancel one week before the clinic date. No refunds after this time period.
NO EXCEPTIONS MADE!

Questions:

If you have any questions please call 213-740-0067/ 213-821-3141 or e-mail at lesliec@usc.edu or garyurib@usc.edu

Directions:

EXIT Exposition Blvd from the 110 Freeway. Turn **RIGHT** onto Figueroa St. Turn **LEFT** onto Jefferson Blvd. Turn **LEFT** at McClintock. This is Gate 5 Entrance.

Parking:

Enter in Gate 5, Ask for Parking Garage A. Cost is \$7.00

Drop off: Enter in Gate 5, Ask for Howard Jones Field No Charge

TROJAN



ALL-SPORT EXPLOSIVE SPEED CLINIC Powered by SPARQ



**Incoming 2005-2006
9th – 12th Graders
Boys and Girls
CA Residents Only**

3 Dates to Choose From
Saturday, April 22nd, 2006
Saturday, May 27th, 2006
Saturday, June 3rd, 2006

9 National Championships in 4 Years-

Back-2-Back Football National Champions

OUR PHILOSOPHY "**SPEED KILLS**"
JUST LOOK AT THE RESULTS !!



Speed

Trojan 40 times have decreased by an average of 2 tenths of a seconds. Last year's clinic attendees experienced a 1 tenth decrease in just one day.



Agility

Most sports are 98% change of direction, and 2% straight ahead. We teach you how to master agility drills allowing you to become more efficient at sport's specific movements.



Plyo's

Trojan vertical and standing long jumps have drastically increased. Plyometric and Power Ball drills have contributed to these increases.

"Be Ready To Run"

Our Explosive Speed Clinic is designed to allow athletes to get to the dirty basics of being a dynamic athlete. We will introduce concepts our **Trojans** use:

Speed Development

Station 1: Start Position
Station 2: Upright Running

Plyometrics

Station 3: Vertical Jumps
Horizontal Jumps

Power Ball

Station 4: Explode Vertically
Explode Horizontally

Agility

Station 5: Power Cones/Ropes
Station 6: Ladders/Bags

Core Development

Station 7: Abs & Low Back

Athletes attending will receive:

Hands On Training

By the USC Speed, Strength,
and Conditioning Staff.

T-Shirt and Manual for Pre-Registered

Parents and Coaches are
encouraged to come watch their
athletes.

No Video Taping During Clinic

Registration

Detach this section and mail in.

Name _____

Home Address _____

City _____ St. CA Zip _____

California Residents Only

Home Phone (____) _____ - _____

School _____

Choose and Circle Clinic date:

Sat, April 23rd 9:00 am – 1:00 pm

Sat, May 27th 9:00 am – 1:00 pm

Sat, June 3rd 9:00 am – 1:00 pm

Merchandise for Sale

Training Manuals, and Videos
will be for sale at the Speed Clinic.

Parent Release

We (or I) hereby request that you accept this applicant for the 2006 Trojan Explosive Speed Clinic during the dates set forth in this application and in consideration of your acceptance, we (or I) hereby release the University of Southern California and all its employees from all claims on account of injuries, which may be sustained by our (or my) child while attending the 2006 Trojan Explosive Speed Clinic, and we (or I) agree to indemnify from any claims which may hereafter be presented by our (or my) minor child as a result of any such injuries.

We (or I) give permission for the University of Southern California medical personnel to administer first aid and adequate medical care in the event of any injury or illness.

Participants Name _____

Parent/Guardian Name _____

Parent/Guardian Signature _____

Date _____ Phone(H) _____

1 Registration Form Per Athlete

Make additional photocopies of this
Registration section for additional
Athletes who want to pre-register