

To: All athletes participating in sports requiring top-end speed, and their families -

This summer we are offering a new program: Allegheny North Summer of Speed!

Functioning as Allegheny North Athletics, LLC, Coach Interthal and Coach Neff will be offering 6 weeks of sessions aimed at improving maximum velocity through low-volume, maximum-intensity sessions designed to drop tenths off of an athlete's 40 or 60 dash times!

**Our sessions will be a great fit for all those preparing for explosive fall, winter, and spring competition, and they will be of extreme benefit for those who will be participating in any sport where maximum velocity is important.**

Due to the low-volume nature of the sessions, the program will work in unison with technique practices, particularly those held in the evenings. Additionally, sessions will be modified for athletes who are only ready for a portion of a practice because of another workout.

Summer of Speed will be offered Monday, Wednesday, and Friday at the Newman Stadium (NASH Campus) from 11:00AM -12:15PM from June 13 through July 18, with July 4th being a day off.

Each participant will receive the following:

1. Individualized speed sessions
2. Technical analysis of running form
3. Individualized goal setting
4. Recommendations for personal growth
5. Weekly verbal evaluation for continued and future improvement
6. A positive and professional educational atmosphere and environment
7. Much more!

Participation in my Summer of Speed program is strictly voluntary. Our program's major objective is to provide the opportunity for each young person to develop physically, psychologically, and socially to reach their desired goals, as well as prepare themselves for their upcoming future competitive challenges.

Costs:

Students entering grades 7-12 in the fall: \$170

Registrations will be accepted on a first come-first served basis. All participants must have all registration forms including signed waivers and registration fees in for insurance purposes prior to participation.

Families who wish to take advantage of this opportunity should do the following:

1. Register their student online here: <https://forms.gle/bLWuMMH52mLeRpWt6>
2. Print and fill out the attached waiver. Also available online here: <https://docs.google.com/document/d/1xyfz5pebSz3oHOvI5sq00DJH3ypP-3kxMVAo8DLW5gE/edit>
3. Send in their waiver and payment (Checks payable to Allegheny North Athletics, LLC) to John Neff, Summer of Speed Registration, PO Box 271, Wexford, PA 15090.

A professional, skilled, developmental training program in a positive educational environment at an affordable price was our desired goal. If the cost of the program is prohibitive for anyone, please reach out to me personally.

Of course, questions of any kind can be addressed to me at [natigerstrack@gmail.com](mailto:natigerstrack@gmail.com).

Coach John Neff