

F.A.S.S.T. 4 FEMALES

FUTURE ATHLETE SPEED AND STRENGTH TRAINING

*BY NATIONALLY RECOGNIZED AC FLORA HIGH SCHOOL
DIRECTOR OF STRENGTH AND CONDITIONING
MICAHA KURTZ, MS, CSCS, RSCC*D, USAW, NASE, FMS*

- F.A.S.S.T. is for female athletes in grades 5-8th.
- Sessions will be on Wednesdays from 530-630pm
- 5 sessions will run from April 11 - May 9th
- Cost is \$70 total

Contact Coach Kurtz to sign up or sign up the mailing list at

KURTZMICAHA@GMAIL.COM

www.TheAthleteMaker.com

REGISTRATION BEGINS ASAP

REGISTER EARLY - SPACE IS LIMITED TO FIRST 20 ATHLETES!

- **THE LAST F.A.S.S.T. CAMP REACHED NEAR FULL CAPACITY EARLY**

MUST BE A CRAYTON STUDENT AND PRE-PARTICIPATION PHYSICALS ARE REQUIRED!
UPDATES CAN BE FOUND ON THE FALCON STRENGTH FACEBOOK PAGE OR ON TWITTER:
@KURTZM3

The philosophy of F.A.S.S.T.

- **INJURY PREVENTION/ FORCE ABSORPTION-** Athletes are taught how to absorb force and decelerate properly which will enable them to move more efficiently and reduce the risk of injury.
- **SPEED TRAINING-** You probably have noticed in recent years sports teams are focused on speed, speed, and more speed. Youth athletes of any sport can benefit from proper speed training for either improved sport's performance or just overall fitness level. Each athlete will be taught the proper mechanics of how to run in the most efficient way possible.
- **AGILITY TRAINING-** In all sports, an athlete must be able to move from one direction to the other quickly. Agility training will allow the athlete to transition to different directions quickly, as well as improve motor skills, reaction time, and brain signal efficiency.
- **CORE STRENGTHENING EXERCISES-** A strong core allows for: Improved performance in sports, reduced risk of injury, better ability to function each day.
- **TOTAL BODY STRENGTHENING EXERCISES:** The stronger an athlete is the less chance for injury that athlete will have. Each athlete will strengthen their entire body through BODY WEIGHT EXERCISES. I do not recommend lifting weights for young athletes; however I do believe young athletes should work to get stronger through body weight exercises

F.A.S.S.T is founded and run by Micah Kurtz MS, CSCS, USAW, FMS, NASE

- A.C. Flora Director of Speed, Strength and Conditioning Coach
- 2016 National High School Strength Coach of the Year award winner
- 2013 and 2014 South Carolina Strength Coach of the Year award winner
- Develops, implements, and oversees the speed and strength programs for all of AC Flora's 38 athletic teams.
- Serves as the Strength and Conditioning Consultant for the perennial high school basketball powerhouse Oak Hill Academy.
- Certified Speed and Explosion Specialist through the National Association of Speed and Explosion (NASE).
- Director of Health and Wellness program at A.C. Flora where school has received National Recognition.

FUTURE ATHLETE SPEED AND STRENGTH TRAINING

Please print all information below

<i>Athletes Name</i> <i>Please print</i>	
<i>Email Address</i>	
<i>Parent Name & cell</i>	
<i>Emergency contact if not parent</i>	
<i>Current Grade</i>	
<i>Parent/Guardian signature</i>	
<i>Date</i>	
<i>Name of Insurance Company</i>	

Please Read and Signature above verifies you have read and understand hold harmless agreement as well as to parental consent:

It is my policy to secure consent for medical treatment. In case of illness or injury, permission is granted to treat the participant at any appropriate medical facility. By signing you are giving your consent in advance for medical treatment. Furthermore, as a participant in this camp, I hereby state that I am aware of and accept the risk inherent in the program activity. The below signed does hereby agree to hold harmless and indemnify, The Athlete Maker LLC, Micah Kurtz, Assistants, A. C. Flora High School, Richland One, their offices, agents and employees, from any and all liability, loss, damage, costs, or expenses which are sustained, incurred, or required arising out of the actions of my dependent in the course of the camp.

Parent/Guardian Name _____

Signature _____

Medical Concerns or Allergies: (please list)

Testimonials for F.A.S.S.T.

“Coach Kurtz’ strength and conditioning program at AC Flora helped turn me into the athlete that I am today. Through him, I learned how important training is if you want to be the best athlete possible. I have grown to love all aspects of strength and conditioning and hope to be a future strength and conditioning coach. If it weren’t for the strength program at AC Flora, I wouldn’t have been able to accomplish what I did in high school and what I hope to in the future.”

**Taylor Smith ‘15
2 time Female State Speed and Strength Champion
Varsity letters in Volleyball, Basketball and Track**