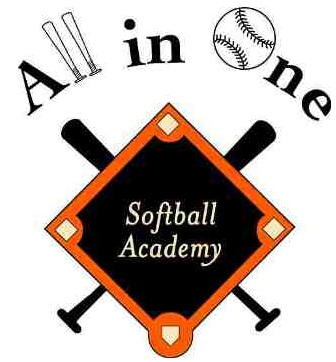


Velocity Sports Performance



www.allinonesoftball.com

**VELOCITY AND ALL IN ONE ARE PARTNERING TO
PROVIDE THE ULTIMATE ONE STOP SHOP
FOR ELITE SPEED, STRENGTH AND FASTPITCH
SOFTBALL TRAINING**

ULTIMATE PRE-SEASON SOFTBALL PROGRAM

Gain the competitive edge with the same softball specific training programs used by elite and professional athletes. The first 60 minutes of Velocity Sports Performance Training is designed to make you faster, stronger and more explosive. Combine this with 60 minutes of professional softball skills training provided by All in One Softball Academy instructor, Jen Silks.

This program is designed to establish you as a true asset to any softball team.

SESSION 1—Cost \$350 (10 weeks, **Sundays** @ 5:00pm—7:00pm beginning 10/18/09-12/20/09)

SESSION 2—Cost \$280 (8 weeks, **Wednesdays** @ 7:00pm—9:00pm beginning 1/6/09-2/24/09)

SPECIALTY SKILLS TRAINING PROGRAMS

• PITCHING PROGRAM

SESSION 1—Cost \$280 (10 weeks, choose from the following schedule)

Tuesdays @ 7:00pm—8:00pm beginning 10/13/09-12/15/09 OR **Saturdays** @ 10:00am—11:00am beginning 10/17/09-12/19/09 OR **Sundays** @ 3:00pm—4:00pm beginning 10/18/09-12/20/09

SESSION 2—Cost is \$225 (8 weeks, choose from the following schedule)

Tuesdays @ 7:00pm-8:00pm beginning 1/5/10-2/23/10 OR **Saturdays** @ 10:00am—11:00am beginning 1/9/10-2/27/10 OR **Sundays** @ 3:00pm—4:00pm beginning 1/10/10-2/28/10

• HITTING PROGRAM

SESSION 1—Cost \$280 (10 weeks, choose from the following schedule)

Wednesdays @ 7:00pm—8:00pm beginning 10/14/09-12/16/09 OR **Saturdays** @ 11:00am—12:00pm beginning 10/17/09-12/19/09 OR **Sundays** @ 4:00pm—5:00pm beginning 10/18/09-12/20/09

SESSION 2—Cost is \$225 (8 weeks, choose from the following schedule)

Wednesdays @ 7:00pm-8:00pm beginning 1/6/10-2/24/10 OR **Saturdays** @ 11:00am—12:00pm beginning 1/9/10-2/27/10 OR **Sundays** @ 4:00pm—5:00pm beginning 1/10/10-2/28/10

• CATCHING PROGRAM

SESSION 1—Cost \$280 (10 weeks, **Fridays** @ 7:00pm—8:00pm beginning 10/16/09-12/18/09)

SESSION 2—Cost \$225 (8 weeks, **Fridays** @ 7:00pm—8:00pm beginning 1/8/10-2/26/10)



All in One Instructor, Jen Silks, is currently training 116 students including Daily Herald Player Of The Year, Hannah Santora. Jen works with over 30 fastpitch softball teams including Chi-Town Express, Wasco Diamonds, Naperville Diamonds and Schaumburg Sluggers. Jen provides instruction for hitting and all positions, specializing in pitching and catching. Jen's hands on style of instruction and demonstration of drills produces quick results and rapid development in her students. Jen played professionally for the Illinois Alley Cats and was pitching coach at Aurora Christian High School in 2001. Jen traveled to Australia in 1998 with the National "Field of Champions" Team. Jen was instructed in hitting by Mike Candrea, head coach of the University of Arizona Softball Team and the U.S. Fastpitch Softball Team.

WE RESERVE THE RIGHT TO CANCEL IN THE EVENT THE MINIMUM REQUIREMENTS ARE NOT MET

THESE PROGRAMS ARE HELD AT VELOCITY SPORTS PERFORMANCE
27615 DIEHD ROAD, WARRENVILLE, IL 60555 PHONE 630-836-2203 WEBSITE WWW.VELOCITYSP.COM/NAPERVILLE

REGISTRATION FORM

**FAX TO 630-836-2205 OR MAIL TO VELOCITY, 27615 DIEHL RD., WARRENVILLE, IL 60555
OR CALL 630-836-2203 TO REGISTER BY PHONE**

ULTIMATE PRE-SEASON SOFTBALL PROGRAM

Please Check Session(s) You Are Attending

_____ **SESSION 1—Cost \$350.00**
(10 weeks, **Sundays @ 5:00pm—7:00pm** beginning 10/18/09-12/20/09)

_____ **SESSION 2—Cost \$280.00**
(8 weeks, **Wednesdays @ 7:00pm—9:00pm** beginning 1/6/09-2/24/09)

SPECIALTY SKILLS TRAINING PROGRAMS

PITCHING PROGRAM—To register, check session(s) AND circle your day.

_____ **SESSION 1—Cost \$280.00** (10 weeks, choose from the following schedule)
Tuesdays @ 7:00pm—8:00pm beginning 10/13/09-12/15/09 OR **Saturdays @ 10:00am—11:00am**
beginning 10/17/09-12/19/09 OR **Sundays @ 3:00pm—4:00pm** beginning 10/18/09-12/20/09

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Tuesdays @ 7:00pm-8:00pm beginning 1/5/10-2/23/10 OR **Saturdays @ 10:00am—11:00am**
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CATCHING PROGRAM—To register, check session(s).

_____ **SESSION 1—Cost \$280.00** (10 weeks, **Fridays @ 7:00pm—8:00pm** beginning 10/16/09-12/18/09)

_____ **SESSION 2—Cost \$225.00** (8 weeks, **Fridays @ 7:00pm—8:00pm** beginning 1/8/10-2/26/10)

**PLEASE FILL OUT COMPLETELY, FULL PAYMENT IS DUE AT REGISTRATION
NO CANCELLATIONS OR REFUNDS ACCEPTED**

Players Name _____ Age _____

School _____ Grade _____

Parent's Name _____ E-Mail Address _____

Address _____ City _____ State _____ Zip _____

Phone _____ Emergency Phone _____

Medical Information (Please list any medications, allergies, prescriptions)

Make Checks Payable To Velocity Sports Performance OR Provide Credit Card Information Below.

Credit Card Type: MC VISA DISC AMER EXP Credit Card # _____

Expiration Date _____ CW Code (three #'s on back) _____

Parent's Signature _____ **Date** _____

By signing this registration form you acknowledge that you will hold Velocity Sports Performance harmless from any and all claims, cause of action, damages, judgments, cost of expenses, including attorney fees, which may arise from participants use of our presence upon the Facilities, including without limitation the negligence if any of Velocity Sports Performance (including its successors, assigns subsidiaries franchisees, affiliates, officers, directors, employees and agents)