

# SPARQ TRAINING

***Better Athletes Make Better Competitors***

**SPEED\*POWER\*AGILITY\*RESPONSE\*QUICKNESS**

SPARQ TRAINING has landed in Blue Springs. Whether you are an athlete training for competition or a curious youth looking for an alternative to video game playing, you will find SPARQ TRAINING challenging and rewarding. Developed by the world's greatest coaches and used by athletes at all ages and levels, SPARQ TRAINING is designed to build explosive athletes, reduce injury, and more importantly, win more games.

\* **Team Training**

\* **Individual Training**

\* **Boys**

\* **12 Week Training Sessions**

\* **1 Week Training Camps**

\* **Girls**

## Twelve Week Summer Session

Starts June 7 and Ends August 26th

Two Time Slots Available

Mon/Wed 10am-11am or 6pm-7pm ages 14-18

Tues/Thurs 10am-11am or 6pm-7pm ages 7-13

Cost- \$240 per student (\$10/session)

Location- Club 7 Fitness in Blue Springs, Mo

## One Week Camp

Starts June 21st and Ends June 25

Starts July 12th and Ends July 16th

Morning Session 9am-11am

Afternoon Session 1pm-3pm

Cost- \$100 per student

Location- Club 7 Fitness in Blue Springs, MO

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PLEASE CUT ALONG THE DOTTED LINES AND MAIL TO ADDRESS BELOW

NAME: \_\_\_\_\_

PLEASE MARK THE BOX OF THE SESSION/CAMP  
YOUR CHILD WILL BE ATTENDING

AGE: \_\_\_\_\_ SHIRT SIZE \_\_\_\_\_

\_\_\_\_ TWELVE WEEK SUMMER SESSION

ADDRESS: \_\_\_\_\_

\_\_\_\_ MORNING M,W 10-11AM OR T,TH 10-11AM

\_\_\_\_ EVENING M,W 6-7PM OR T,TH 6-7PM

PARENTS NAME \_\_\_\_\_

\_\_\_\_ CAMP JUNE 21ST- JUNE 25

PARENTS EMAIL \_\_\_\_\_

\_\_\_\_ CAMP JULY 12TH- JULY 16TH

EMERGENCY CONTACT NUMBER \_\_\_\_\_

PLEASE EMAIL MATT WITH ADDITIONAL QUESTIONS AT  
[MATTINFRANCA@GMAIL.COM](mailto:MATTINFRANCA@GMAIL.COM)

PLEASE MAKE CHECKS PAYABLE TO  
MOWEST SPARQ TRAINING  
AND MAIL FULL PAYMENT TO  
4945 S BRITTANY DR, BLUE SPRINGS, MO 64015