

THE 2019/2020

**SAGINAW GOLDS SPEED TRAINING PROGRAM**

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*"Off-Season" does not exist for the elite. GOLDS SPEED is designed specifically to maximize the Saginaw Golds Softball and Baseball program's in-game speed and performance.*



**GOLDS SPEED**

**By Trainer, Vince Agnew  
SECOND SEMESTER**

**January 6 – January 29 &  
February 17 – March 11**

**Every Monday and Wednesday 6-7PM**

**16 Sessions**

**\$160**

**Hosted by:**



**REGISTRATION IS LIMITED TO THE FIRST 15 PARTICIPANTS**

**Registration Deadline January 1**

**Registration & Payment can be made at Freeland SportsZone**

**5690 Midland Rd., Freeland, MI 48623**

**or by Phone (989) 695-2000**



# REGISTRATION FORM

Player Name \_\_\_\_\_  
First Last

Parent/Guardian Name \_\_\_\_\_  
First Last

Please indicate any allergies/health concerns \_\_\_\_\_

Address \_\_\_\_\_  
Street Address

\_\_\_\_\_ City State

\_\_\_\_\_ Zip code

Phone Number \_\_\_\_\_  
Area Code Phone Number

Email Address \_\_\_\_\_

Gender  BOY  GIRL

Age/Grade \_\_\_\_\_  
Age Grade

Emergency Contact Name \_\_\_\_\_  
First/Last Phone Number

I understand that Freeland Community Sports Association (FCSA) and it's departments employees, agents, sponsors, contractors assume NO responsibility for any injury that may be suffered by the participant and that the participant assumes all risk, personal injury, loss & damage of property. I fully release from liability and/or damages, FCSA and all of its parties from injury damages on behalf of our child and/or ourselves. In case of emergency I give my consent to emergency medical treatment. Signing this document gives the Freeland SportsZone permission to publish videos or photographs of my child for marketing purposes and release the FCSA from any claim or liability related to that use.

Signature of parent/guardian

Date

**Member**

**Non-Member:**