



Four-Week FASTER Winter Sports Session

Beginning October 21, 2019

- Mondays and Wednesdays at 4:00 p.m.
- At the Trinity Health dryland training facility in the MAYSA arena
- Grades 8-12
- **Deadline to register: October 18**
- Fee: \$80

FASTER Athletics focuses on injury prevention through functional training:

- Programs designed by certified athletic trainer tailored to prevent specific sports-related injuries
- Emphasis on balance, core strength, foot speed, single leg strength, functional movement, and flexibility
- Combines cardio training and functional strengthening

Name: _____ School: _____

Email _____ Phone: _____

Age ____ I am entering grade ____ I am: Male ____ Female ____ T-shirt size: SM MED LG XL XXL

I participate in the following sport(s): _____

My Goals: _____



Needed to complete application:

___ Application ___ Medical History ___ Waiver
___ Check to Trinity Health

Return forms and fees to:
Trinity Health Sports Medicine, Attn: Robyn Gust
101 3rd Ave Suite 102, Minot, 58701

Questions? Call 701-857-3486.