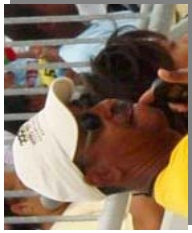


FLIGHT CREW



Jay Murdock has nearly 20 years experience coaching athletes at every level in a variety of sports. Coach Murdock has worked with young athletes from youth baseball, soccer, football and basketball to track and field at the college ranks. A former educator, on-air radio personality and long-time community activist, during his 18-year coaching career he has had athletes in national and state championships every year but three. He has coached 3 national champions, 5 state champions and dozens of state qualifiers. Additionally, several of his athletes have attained All-American status at different levels, with 40 National Junior Olympic qualifiers. Several of his athletes have received Division I college scholarships. His “*athlete first, coach driven, performance based*” approach to training athletes has produced winning teams and championship athletes in an assortment of sports.

Coach Murdock is a certified USA Track and Field coach and member of the National Strength and Conditioning Association (NSCA). Coach Murdock is married and resides with his wife, Tiwatha and their two children Ashanti and Jahari in Jackson Township Ohio.

WAIVER AND RELEASE

In consideration of the person/ athlete named below being permitted to participate in the training activity organized by the *Flight101 Sports Speed Development*, I waive, for myself, my heirs and assigns, all claims of damages which I might have against *Flight101 Sports Speed Development* as a result of any and all injuries which might be received during any sponsored activity, practice, training or contest.

Participant Name _____

Participant Signature _____

Parent/Guardian Name _____

Parent/Guardian Signature _____



Sports Speed Development

**TRAINING TODAY'S
ATHLETES TO BE
TOMORROWS
CHAMPIONS**

For information call: (330) 256-1093



SPORTS SPEED DEVELOPMENT

For additional info please visit our website at www.flight101.org or call (330) 256-1093

THE NEED FOR SPEED



The greatest concern among today's athletes in soccer, football, basketball, baseball, rugby, lacrosse, field hockey and most other

sports is how to improve playing speed – the speed of all movements, including starting, stopping, accelerating, changing directions, delivering or avoiding a blow, sprinting, and split-second decision making during athletic competition.

Flight101 Sports Speed Development is a complete approach to improving athletic playing speed by providing training methods that include general conditioning to develop speed endurance, plyometric drills and exercises to improve stride length and frequency and technique drills to improve running form.

Regardless of the sport, improved playing speed is often what separates

good athletes from great athletes and can make



the difference between a winning season and a “*championship*” season.

FLIGHT101 SPORTS SPEED

DEVELOPMENT – THE COMPETITIVE EDGE!

Flight101 Sports Speed Development is a leader in training speed development and improved performance for athletes of every sport. *Flight101* specializes in developing individual athletes and teams by using holistic training approaches that include exercise physiology; proper nutrition; sport specific periodization training and drills designed to enhance the overall development of the athlete from youth to professionals.

Additionally, athletes that compete in 2 or more sports during the year have unique physical and psychological needs and *Flight101* can provide individual Periodization Training Plans for the multisport athlete.

Whether you are an athlete looking for an edge on the competition or a coach looking to improve your athletes' individual or team performance, *Flight101* can help you improve your maximum speed, quickness and overall athletic performance.

FLIGHT101 - 7 STEPS TO IMPROVING PLAYING SPEED

Flight101 athletes are assessed on their individual needs and training sessions are then designed around these basic steps to improve playing speed and overall sports performance:

1. Basic Training
2. Core Strength and Power Training
3. Ballistics and Plyometrics
4. Sport Loading
5. Sprinting Form and Speed Endurance
6. Overspeed Training
7. Sports Speed Nutrition

FLIGHT101 PROGRAM DESIGN

Sessions are generally designed around a nine week period that focuses on flexibility, movement, speed, strength, power and overall athletic development. Athletes are taken thru various cycles beginning with a Preparation Phase, continuing with the Progression Phase and concluding with the Performance Phase.

Flight101 athletes are continually assessed throughout each cycle so they can get some idea of their progress or areas of their training

program that might need more individualized instruction.



Based on a behavior model that stresses that the athlete has a thorough understanding of all aspects of his or her sport, *Flight101* trained athletes learn an approach to training that is age appropriate and specific to their individual development and goals.