

What is SAQ?



SAQ improves athletic success through movement and performance enhancement emphasizing the neuro-muscular system building on the conditioning base to bridge the gap between raw strength & explosive movement, enhancing speed development, reaction time, flexibility development, balance and agility & acceleration.

CONTACT INFO:

Billy Brent:

thespeedman.bb@gmail.com

Phone: 214-529-4228

WORKOUTS WILL BE HELD AT:

Soccer Spectrum (Dec. 19, 21, & 23)

1251 Digital Drive, Richardson, TX 75081

Jerome's Gym (Dec. 26, 28, 30)

2100 N. Greenville Avenue, Suite 100

Richardson, Texas 75082

TESTIMONIALS



"Training with Billy was one of the best decisions I ever made. When you enter your specific sport, many coaches skip important running mechanics and go straight into the technical skills of the sport. In soccer coaches assume you have the running taken care of and they don't take the time to teach you proper form or mechanics. Billy Brent will do just that, he will work you to perfection and it won't be for any other reason than just to see the smile on your face when you see your time after crossing the finish line."

-Lauren Wilmoth, UCLA Women's Soccer Team, Texas Gatoraid Player of the Year



"Billy really cares about what he does and the people that he trains. He will be there with you every step of the way. I can honestly say with all of my heart that all of my success is owed to him because I would be nowhere without him and his help throughout all the years that I have been with him."

-Michael Morse, SMU football team

BILLY BRENT'S 11TH ANNUAL CHRISTMAS BREAK CAMP



BIO



Billy Brent is a U.S. certified speed, agility and quickness trainer (SAQ) and owner of Brent's SAQ. He has worked with hundreds of athletes from little league to collegiate and professional levels in most sports including NFL football and profes-

sional soccer. Coach Brent has done speed training for soccer club and school teams for more than 15 years including Solar, FC Dallas, Dallas Texans, Sting and Bolca Boys. Brent's SAQ program specializes in Speed Development, Reaction Time, Technique Analysis, Flexibility Development, Agility & Acceleration Training, Form Observation, Balance Control and Stabilization.

Billy is a former football defensive back and track sprinter. As a coach and teacher, Billy knows everything he says or does with a student can build them up or tear them down. His passion is teaching, coaching and building athletes in a positive way to "lift them up" while helping make them the very best he or she can be.



Happy Holidays

Billy Brent's SAQ Program would like to announce our 10th Annual Christmas Break Camp! Our camps have been a great success year after year. The points of focus for camp this year will be first step acceleration, core work, and agility.

Billy Brent

Workouts begins every Monday, Wednesday and Friday starting December 19.

CAMP DATES: Dec. 19, 21, 23 will be at *Soccer Spectrum*. Dec. 26, 28, 30 will be at *Jerome's Gym*.

CAMP TIME: Ages 9 - 11 2:00 - 3:30pm
Ages 12 + 12:30 - 2:00pm



Camp cost: \$130.00

Payment is due by December 9, 2011. No refunds for missed workouts. Cash or checks are accepted.

Items needed for camp: water, towel, and cleats (football or soccer)

Limited spots available based on a first come, first serve basis.

Please be sure to mail you release form and payment no later than December 7, 2010. Make checks payable to:

Billy Brent
2100 N. Greenville Ave., Suite 100
Dallas, TX 75080

BILLY BRENT'S CHRISTMAS CAMP

Health History and Medical Release Form

Name of athlete _____

Today's date _____

Address _____

City _____

State _____

Zip _____

Parent's name _____

Emergency contact _____

Phone Number _____

Email _____

Athlete's age _____

DOB _____

SEX M F

T-Shirt Size Small Medium Large XL

Please answer as accurately as possible. If "Yes" please explain.

Any heart related conditions: _____

Any breathing difficulties or conditions: _____

Any injuries involving muscle, tendon, ligament, bone, nerve: _____

Any surgeries involving muscle, tendon, ligament, bone, nerve: _____

Any histories of seizures: _____

List any medications you are on: _____

List any other condition or medications you feel we should be aware of: _____

Medical release (must be completed before beginning this program)

I hereby authorize Billy Brent's Staff to act for me, according to their best judgment requiring medical attention and hereby waive and release Billy Brent's Staff from any liability for any injuries or illness incurred while at camp or during workouts. I have listed any medical conditions or physical impairments that would affect the above named athlete. I understand that many of the activities that may be performed during training sessions will be challenging and intense and agree to allow my child to participate. I also certify that the above named athlete is covered by a medical insurance policy in case of illness or injury.

Parent's/Guardian's Printed Name _____

Parent's/Guardian's Signature _____

Date _____