



Parents,

It's that time of year again! Time to make a decision about what activity to put your child in: BQuick Fitness P.E. or Lake Castle P.E. We would love to have the opportunity to coach your child this year!

Our professional goals working with your son or daughter include developing them not only physically, but mentally as well. The program will be designed to develop three different energy systems, anaerobic type a and x and aerobic. The anaerobic system is active during short bursts of energy (i.e. swinging a bat, sprinting, any movements up to 2 minutes). The aerobic system is more endurance based, focusing on long-term activities (i.e. running the mile, playing the full game, and any movements over 2 minutes). What the kids learn and do with us will last a lifetime! From anaerobic and aerobic conditioning, to learning about nutrition, recovery techniques, and supplementation, this experience will be a balanced approach to Health Education. We try to educate, motivate, and encourage all of the kids we coach to have a fun, educational experience!

Your Coaches,  
Brandt Quick, Karen Groce and Scott Cook

BQuick Athletic Development LLC • P.O. Box 1326 Madisonville, LA 70447 • 504.451.5391 • bquick@bquickfitness.com

**Student's name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Parent's name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**E-mail address:** \_\_\_\_\_

Please check the box that applies to you. **Please return form by November 28, 2011 to Lake Castle.**

**3rd Quarter: January 16-March 16 2011**

- Monday and Wednesday 4<sup>th</sup>, 6<sup>th</sup> Grades: \$96.00 (16 days)
- Tuesday/Thursday 5<sup>th</sup> 7<sup>th</sup> and 8<sup>th</sup> Grades: 5<sup>th</sup> and 7<sup>th</sup> \$96.00 (16 days), 8<sup>th</sup> \$84 (14 days)

Please make checks payable to BQuick Athletic Development LLC  
P.O. Box 1326 Madisonville, LA. 70447  
No refunds will be given. **Please return to Mrs. Harvey/Lake Castle.**