



*Frankfort Falcons* Parents and Athletes,

I would like to take this opportunity introduce you to the “**Get Fast, Inc.**” program. We have put together all the elements necessary to help your athlete reach their full athletic potential. Our training system utilizes an intense program designed to help athletes improve their **SPEED, POWER, AND EXPLOSIVENESS**. These components are necessary for success in any athletic competition. We have the **ONLY** science-based, research-supported athlete development program in the world.

Get Fast, Inc. has six training centers in the Chicagoland area and is a provider of the Frappier Acceleration Sports Training System, which has 162 training centers worldwide. Collectively, we have trained over 600,000 athletes, including 4,000 Olympic and Professional athletes worldwide. Numerous Collegiate and Professional organizations train using our training systems to develop each individual athlete to his or her full athletic potential. These organizations include: The Ohio State University, University of Minnesota, Stanford University, The Carolina Panthers, and The Golden State Warriors. We have over 20 years of research supporting everything we do. We utilize state-of-the-art patented equipment and a patented training protocol. With the combination of our experience, research, patented equipment and protocols, and our unending passion to see each athlete reach their full potential, I am confident that we can provide a service unequalled in the industry.

Our Athlete Development Program is designed to improve the overall performance of each athlete. Our patented Generation II Super Treadmill (**RTM**) utilizes patented training protocols. These protocols help athletes improve their running mechanics and develop the necessary musculature to maintain an athletic position throughout each play. Our Plyometric/Agility Program (**PLYO**) incorporates cross-training principles to assist athletes in developing additional speed, power, and explosiveness, as well as, agility, balance, coordination and overall strength. Our Retrograde Treadmill Program (**BPTM**) is designed to develop lower body explosiveness and strength. The intensity of the Retrograde Treadmill Program will exceed anything your athlete has experienced. The final aspect of our Athlete Development Program is our Explosive Lifting Program. The Explosive Lifting Program (**WTS**) is designed to target specific muscles through explosive movements. This will ensure cellular adaptations that will result in a more explosive athlete.

[www.frankfortfalcons.com](http://www.frankfortfalcons.com)

[www.getfastinc.com](http://www.getfastinc.com)



To transition your athlete through the summer and assist in their athletic development, an age-specific Summer Training Program has been developed to prepare your athlete for the football season.

	<u>Age</u>	<u>WTS</u>	<u>RTM</u>	<u>PLYO</u>	<u>BPTM</u>
➤	7-8		10	6	
➤	9-12		10	10	4
➤	13+	8	8	6	4

**Get Fast, Inc.** and the **Frankfort Falcons** are committed to helping your athlete realize their full athletic potential. We have put together a comprehensive training program to maximize the time and effort of your athlete. Please email specific questions or suggestions to: [k.nettestad@comcast.net](mailto:k.nettestad@comcast.net).

Thank you for supporting our program and the athletic development of your athlete.

**Get Fast or Be Last,**

**Kyle A. Nettestad, CSCS, NSCA-CPT**  
Owner/Program Director -- Get Fast, Inc.  
708.473.2233  
[k.nettestad@comcast.net](mailto:k.nettestad@comcast.net)



# GET FAST, INC. ATHLETE REGISTRATION



LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ M.I.: \_\_\_\_\_

BIRTH DATE: \_\_\_/\_\_\_/\_\_\_ GENDER: M or F PHONE #: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ EMERGENCY PHONE #: \_\_\_\_\_

FATHER'S FULL NAME: \_\_\_\_\_

MOTHER'S FULL NAME: \_\_\_\_\_

MEDICAL INFORMATION/RISKS: \_\_\_\_\_

TEAM: \_\_\_\_\_ POSITION: \_\_\_\_\_

COACHES NAME: \_\_\_\_\_

**PROGRAM OPTIONS: (PLEASE CIRCLE)**

	<u>Age</u>	<u>WTS</u>	<u>RTM</u>	<u>PLYO</u>	<u>BPTM</u>	<u>\$\$</u>
➤	7-8		10	6		\$545.00
➤	9-12		10	10	4	\$775.00
➤	13+	8	8	6	4	\$875.00

**ADDITIONAL INFORMATION:**

**TO START THE SUMMER TRAINING PROGRAM:**

CALL (708.403.4530), FAX (708.403.4595), EMAIL ([k.nettestad@comcast.net](mailto:k.nettestad@comcast.net)), OR BRING REGISTRATION TO THE GET FAST ORLAND PARK TRAINING CENTER, LOCATED IN THE ARCTIC ICE ARENA.

[CASH, CHECK, VISA, MASTECARD, AND DISCOVER ACCEPTED AS PAYMENT]

[www.frankfortfalcons.com](http://www.frankfortfalcons.com)

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