



# Mount Pleasant Recreation Department

R.L. Jones Center - 391 Egypt Road - Mt. Pleasant, SC 29464

Phone: 843-884-2528 - Fax: 843-849-2778 - [www.tompsc.com](http://www.tompsc.com)

## 2019-2020 MOUNT PLEASANT WINTER SPEED PROGRAM REGISTRATION OCTOBER 28 - NOVEMBER 30, 2019 213150-01

### “Next Level Performance Training”

Mount Pleasant Recreation Department is committed to offering the highest level of instruction in all areas of the game to the participants in our program. Speed training is critical to maximizing the potential of each player, but in many cases, is overlooked. This is not a mandatory program for anyone or exclusive to any group of players. Your individual success will depend greatly on the individual effort given each night.

#### **REGISTRATION:**

You may register online at [www.tompsc.com](http://www.tompsc.com) or at the following locations: R.L. Jones Center, Park West Recreation Complex, G.M. Darby Building. If this is your child’s first time participating in youth athletics, you must provide an original or certified copy of their birth certificate or passport for verification. The Mount Pleasant Recreation Department does not retain a copy of birth certificates.

#### **REQUIREMENTS:**

Age as of April 30, 2020 for 9-18-year olds. Players must wear athletic attire and cleats.

#### **FEES:**

Residents \$50.00 for first child, \$45 for each additional child in the same registration period (residents only, in office only), \$80.00 for all Non-Residents. Waitlist opens on December 1, 2019. Waitlist registration must be completed in person at any MPRD facility or via telephone. MPRD staff will contact you directly if space becomes available. If you register from the waitlist a \$13.00 late fee applies. Make checks payable to the Mount Pleasant Recreation Department. Checks must include current address, phone number, driver’s license number and birth date.

#### **INSTRUCTOR:**

We are very excited to have Michael Morgan as part of our off-season program. Michael is the Assistant Director of Strength and Conditioning at the Citadel overseeing wrestling, volleyball, soccer, cross country and football. He was previously a Graduate Assistant on the strength and conditioning staff at Springfield College where he earned a Master of Science in Strength and Conditioning. Before coming to the Citadel, Michael coached at American International College for 3 years coaching primarily football.

#### **SESSIONS:**

All sessions will be held at the Wando South Baseball Field on Monday and Thursday from 6:00pm to 7:15pm.

December 2019: 2, 5, 9, 12 and 16

January 2020: 2, 6, 9, 13 and 16

#### **RAINOUTS:**

Check on [www.tompsc.com](http://www.tompsc.com) after 4:30pm or register with [www.Rainedout.com](http://www.Rainedout.com) to get an instant update via email and/or cell phone on the playing status when inclement weather exists. The Recreation Department and officials will determine if a session is rained out. **However, “when in doubt, dress out”.**

If you know of anyone interested, please have them call Ryan Johnson at 884-2528 or email [rjohnson2@tompsc.com](mailto:rjohnson2@tompsc.com) for availability.