

IMPANO SPEED & POWER DEVELOPMENT CLINIC

# IMPANO

## SPEED. POWER. EXPLOSION.

### SPEED & POWER DEVELOPMENT CLINIC

Complete Parent, Coach & Team Registration Packet

<b>Program Location</b>	Kigali, Rwanda
<b>Athlete Ages</b>	8+
<b>Training Focus</b>	Speed • Power • Jump Training • Plyometrics • Sports-Specific Performance
<b>Contact</b>	WhatsApp: +250 787 322 317   sales@impanosports.com

#### PACKET CONTENTS

- Program overview and training focus
- Training packages and cost
- Parent / coach information and registration form
- Health, emergency contact, waiver, and media consent
- Payment and attendance policy
- Internal athlete assessment sheet for Impano coaches

*Built for serious athlete development. Designed for parents, coaches, schools, and teams.*

# 1. Program Information

**Impano Speed & Power Development Clinic** is a performance training program for young athletes ages 8+ who want to improve speed, acceleration, jumping ability, explosive power, coordination, and sport-specific movement. Athletes are grouped by age, ability, sport, and training experience.

## What We Train

Speed & Acceleration	Jump Training	Plyometrics	Sports-Specific Training
Sprint mechanics, first-step quickness, running form, reaction speed, and acceleration development.	Vertical jump, long jump mechanics, takeoff power, landing control, and single-leg explosiveness.	Bounding, hopping, hurdle drills, box jumps, reactive strength, and explosive movement training.	Movement development for track & field, football, basketball, volleyball, and other sports.

## Who Can Join

- Athletes ages 8 and up
- Track & field athletes, sprinters, jumpers, football players, basketball players, volleyball players, and multi-sport athletes
- Beginners, developing athletes, competitive athletes, schools, teams, clubs, and academies

## What Athletes Should Bring

- Water bottle
- Training shoes or turf shoes
- Comfortable sportswear
- Positive attitude and readiness to work
- Any required medication or medical support items if applicable

## 2. Training Packages & Cost

Package	Best For	Includes	Cost
<b>Starter Package</b>	Beginners and younger athletes	2 sessions per week; basic speed mechanics; coordination; introductory plyometrics; balance and body control; monthly progress observation	<b>RWF 40,000 / month</b>
<b>Development Package</b>	Serious youth athletes wanting consistent improvement	3 sessions per week; sprint technique; acceleration; jump and power development; plyometric progression; sport-specific movement; monthly testing	<b>RWF 65,000 / month</b>
<b>Elite Performance Package</b>	Competitive and advanced athletes	3–4 sessions per week; advanced sprint mechanics; explosive power; jump-specific development; video analysis; monthly testing; individual plan	<b>RWF 100,000 / month</b>
<b>Private Coaching</b>	Athletes needing personal technical attention	1-on-1 coaching; speed or jump technique correction; personalized drills; video review when needed; targeted improvement plan	<b>RWF 25,000 / session</b>
<b>Team / School Package</b>	Schools, clubs, academies, and sports teams	On-site or scheduled team training; speed and power testing days; team reports; warm-up systems; optional Impano training apparel package	<b>Custom pricing</b>

### Payment & Attendance Policy

- Monthly payments are due before the athlete begins training for that month.
- Missed sessions are not automatically refunded. Makeup sessions may be offered only when approved by Impano staff.
- Private coaching sessions must be booked in advance.
- Parents/guardians are responsible for timely drop-off and pickup.
- Athletes must respect coaches, other athletes, equipment, and the training location.
- Impano reserves the right to move athletes into the correct training group based on age, ability, safety, and performance level.

### 3. Registration Form

#### Registration Type

Individual Athlete  Parent / Guardian  Coach  School / Team  Private Coaching

#### Athlete Information

Athlete Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Age: \_\_\_\_\_

Gender: \_\_\_\_\_

School / Club / Team Name: \_\_\_\_\_

Main Sport(s): \_\_\_\_\_

Current Level: Beginner / Intermediate / Advanced / Competitive: \_\_\_\_\_

Primary Training Goal: \_\_\_\_\_

#### Parent / Guardian Information

Parent / Guardian Full Name: \_\_\_\_\_

Relationship to Athlete: \_\_\_\_\_

Phone / WhatsApp Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Home Area / Location: \_\_\_\_\_

#### Coach / School / Team Information

*Complete this section only if registering as a coach, school, club, academy, or team.*

Coach / Contact Person Name: \_\_\_\_\_

School / Team / Organization Name: \_\_\_\_\_

Sport: \_\_\_\_\_

Number of Athletes Interested: \_\_\_\_\_

Athlete Age Group: 8–11 / 12–14 / 15–18 / 18+ / Mixed: \_\_\_\_\_

Preferred Training Option: \_\_\_\_\_

Preferred Training Location: \_\_\_\_\_

## 4. Package Selection, Availability & Health

### Package Selection

- Starter Package — RWF 40,000 / Month
- Development Package — RWF 65,000 / Month
- Elite Performance Package — RWF 100,000 / Month
- Private Coaching — RWF 25,000 / Session
- Team / School Training Package — Custom Pricing
- Speed & Power Testing Day — Custom Pricing
- School Partnership Program — Custom Pricing

### Training Availability

- Monday  Tuesday  Wednesday  Thursday  Friday  Saturday  Sunday
  
- Morning  Afternoon  Evening

Specific preferred time: \_\_\_\_\_

### Health & Safety Information

Does the athlete have any current or past injuries? No / Yes — Please explain: \_\_\_\_\_

\_\_\_\_\_

Does the athlete have any medical condition we should know about? No / Yes — Please explain: \_\_\_\_\_

\_\_\_\_\_

Is the athlete currently taking any medication? No / Yes — Please explain: \_\_\_\_\_

\_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Relationship to Athlete: \_\_\_\_\_

## 5. Waiver, Consent & Media Permission

### Training Consent & Risk Acknowledgment

I understand that the Impano Speed & Power Development Clinic includes athletic training activities such as sprinting, jumping, plyometrics, running drills, agility movements, strength and coordination drills, and sport-specific exercises. I understand that physical training carries a risk of injury. I confirm that the athlete is physically able to participate, and I agree to inform Impano staff of any injury, illness, or medical condition before training. I give permission for the athlete to participate in the Impano Speed & Power Development Clinic.

Parent / Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### Emergency Medical Permission

In the event of an emergency, I authorize Impano staff to contact emergency services and/or the emergency contact listed on this form. I understand that parents/guardians remain responsible for medical costs or treatment decisions when applicable.

Parent / Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### Media Consent

Impano may take photos and videos during training sessions for coaching, progress tracking, and marketing purposes. Please select one:

- I give permission for my child / athlete to appear in Impano photos and videos.
- I do not give permission for my child / athlete to appear in public marketing photos and videos.
- I give permission for training analysis only, not public marketing use.

Parent / Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## 6. Payment Information & Office Use

### Payment Information

Selected Package: \_\_\_\_\_

Amount Paid: \_\_\_\_\_

Payment Method: Cash / Mobile Money / Bank Transfer / Card / Other: \_\_\_\_\_

Payment Date: \_\_\_\_\_

Received By: \_\_\_\_\_

### Office Use Only

Ages 8–11    Ages 12–14    Ages 15–18    Elite / Advanced    Private

Start Date: \_\_\_\_\_

Training Days: \_\_\_\_\_

Coach Assigned: \_\_\_\_\_

Notes:

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# 7. Internal Athlete Assessment Sheet

For Impano coaching staff use. Test at the start of the program and every 4 weeks to show measurable progress to parents, coaches, and athletes.

Athlete Name: \_\_\_\_\_

Sport: \_\_\_\_\_

Age Group: \_\_\_\_\_

Assessment Date: \_\_\_\_\_

Coach: \_\_\_\_\_

Test	Start Result	Week 4	Week 8	Coach Notes
10m Acceleration				
20m Sprint				
30m Sprint				
Standing Broad Jump				
Vertical Jump				
Single-Leg Hop				
Agility / Change of Direction				
Movement Quality / Technique				

Monthly Coach Summary:

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