

## Programs

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### About the Program

F.A.S.T. (Fun Agility Speed Training) is a program designed for Alaska Rush players who would like to improve their ability to perform on the pitch. By using a variety of exercises with and without a ball, F.A.S.T. is designed to improve a player's speed, agility, balance, and acceleration in a fun, competitive environment. The goal is to educate and empower each player to begin training on their own safely to improve their game.

The Winter 2015 F.A.S.T. sessions for each team will take place below between **5:30–6:30pm** beginning January 19.

- 05B: Thursday - 5:30–6:30pm
- 05G: Wednesday - 5:30–6:30pm
- 04B: Tuesday - 5:30–6:30pm
- 04B Black: Tuesday - 5:30–6:30pm
- 04G: Thursday - 5:30–6:30pm
- 03B: Monday - 5:30–6:30pm
- 03G: Wednesday - 5:30–6:30pm
- 02G: Thursday - 5:30–6:30pm
- 02B: Wednesday - 5:30–6:30pm
- 01B: Monday - 5:30–6:30pm
- 00G: Monday–Thursday - 5:30–6:00pm
- 99G: Monday–Thursday - 5:30–6:00pm
- 99G Black: Monday–Thursday - 5:30–6:00pm
- 97G: Monday–Thursday - 5:30–6:00pm

**Please Note: F.A.S.T. will be on hiatus during March, April, and May 2015. For information on individual specific training programs, please contact F.A.S.T. Director Cari Gill at [cgill@alaskarush.com](mailto:cgill@alaskarush.com)**

For more information, please feel free to contact the Director of Coaching Girls [Cari Gill](#).