

Youth Athlete “Speed Demon” Training Sponsored by Jet Physical Therapy

DATE: 1st session June 17, 18, 20, 21, 24, 25, 27, 28 2nd session: July 15,16,17,18, 22, 23, 25, 26

GRADES: 19’-20’ school year, 3rd - 8th grade boys or girls

COST: \$50 (Cash or Check) **SITE:** Case Field & practice fields **TIME:** 4pm - 4:45pm

EQUIPMENT: Athletes will need the following practice gear: appropriate work-out clothes and a water bottle, cleats and track spikes are recommended but not required. Cleats will only be used for agility work in the grass on certain days if your son/daughter does not play field sport you do not need to go buy cleats. If you have track spikes those will be useful but not necessary on certain days as well.

PURPOSE: In this camp we work on basic fundamentals of speed and agility training. Focusing on: sprinting technique and fundamentals, developing linear speed through sprint training, developing agility through change of direction drills, plyometrics, other jump training and flexibility.

Supervisor: Coach James Harris, Head football, Head Strength and Conditioning, Assistant track coach for Washington High School. BA in P.E. With emphasis in Strength and Conditioning.

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Youth Athlete Summer Speed, Agility Training---

Please circle session(s) you are attending (2 weeks, 4 days a week, 8 total sessions)

1st session: June 17, 18, 20, 21, 24, 25, 27, 28 2nd session: July 15,16,17,18, 22, 23, 25, 26

NAME: _____ **GRADE 19-20’ school year** _____

ADDRESS: _____

PARENT PHONE #: _____ **CAMP SHIRT SIZE:** (YM, YL, S, M, L, XL, 2XL, 3XL)

** I realize that with any athletic activity there is a risk of injury. I give my permission for _____ (Child’s Name) to attend the “Youth Athlete Summer Speed and Agility Training” and release the Washington School District and camp instructors from liability for accidents that might occur during participation in this camp.

SIGNED: _____ (Parent or Guardian’s Signature) **DATE:** _____

Registration slip, along with camp fee (\$50) need to be filled out and either mailed to Washington High School, ATTN: James Harris, or brought to camp with the athlete on the first day of training. Make checks payable to “Demon Gridiron.”

Magic in the Work!!!!!!