



# 2017 Summer Youth Speed and Performance Camp

## Ages 9-13

June 5 – August 11, 2017

(No Training Week of May 29, Memorial Day and July 4<sup>th</sup>/5<sup>th</sup>)

### Participant Information

<i>Athletes First Name</i>	<i>MI</i>	<i>Last Name</i>
<i>Address</i>	<i>City</i>	<i>Zip</i>
<i>Phone</i>	<i>Date of Birth</i>	<i>Age</i>
<i>Parents Emergency Contact</i>	<i>Phone Number</i>	

### Summer Youth Speed and Performance Camp

<b>Monday</b>	<b>9am-11am</b>	<b>Strength Training</b>
<b>Tuesday</b>	<b>9am-11am</b>	<b>Speed, Agility and Endurance Training</b>
<b>Wednesday</b>	<b>9am-11am</b>	<b>Strength Training</b>
<b>Thursday</b>	<b>9am-11am</b>	<b>Speed, Agility and Endurance Training</b>
<b>Friday</b>	<b>9am-11am</b>	<b>Strength Training</b>

### Program Options

4 Weeks	\$300
8 Weeks	\$550
10 Weeks	\$700
T & Th 4 Wk (Speed Only)	\$200
M,W, & F Wk (Strength Only)	\$260
One Week	\$100
Daily Walk In	\$ 30