

# Speed, Agility & Conditioning Camp

Performance training program is designed to develop a more athletic athlete, the goal is to have all athletes take what is learned about their bodies, transition it to their sport. This is for 3<sup>rd</sup> through 8th grade boys and girls. The goal is to Help each students 'Get Fit" through agility, speed and core strength training, which will enhance their experience with "All" sports.

**Grade:** 2<sup>nd</sup> - 8<sup>th</sup>

**Camp Fee:** 1 Kid \$110, 2 or more \$130

**When:** June 18 - July 31 Tuesday & Thursday Nights Only

**Time:** 6:30 - 8:00

**Where:** Soccer Field

- **Item Needed:** Water Bottle, Towel, Tennis Shoe
- Contact Coach Coleman: [gcoleman@stedwardschool.org](mailto:gcoleman@stedwardschool.org)

## Performance Training Will Improve:

- **Power:** Produce force in a brief amount of time (Power Output).
- **Quickness:** Reaction Time, react to what an athlete sees.
- **Flexibility:** Ability to move the joints, "Range of Motion"
- **Speed:** Measures how fast an athlete can "Sprint", short distance.
- **Agility:** The ability to Stop and Change direction quickly.

## Waiver

**Child Name:** \_\_\_\_\_

**Grade Entering:** \_\_\_\_\_

**Parents Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_

● **Parent Signature:** \_\_\_\_\_