

**2016 Cardinal Speed and Agility Camp**

**When** - Every Tuesday/Thursday from 10:30-11:30 am from June 7th - June 29th, 2016

**Who** - Incoming 2nd through 8th graders

**Where** - Treynor High School Track

**Why/What** - Enhance natural athleticism through technique improvement and drills. Baseline and Exit testing in the following areas - 40 yard dash, Pro-Agility and Vertical. Contests, Camper of the day, and other prizes to be awarded through-out and at the end of the camp.

**Registration Cost/Details** - Cost of the camp is \$60 and a Cardinal Speed performance shirt is included. All forms are due back by **WEDNESDAY, MAY 18th** to ensure a camp shirt. Late registrations will be accepted, but camp shirt will not be guaranteed.

**Instruction to be provided by -**

**Jim Lovely - Cardinal Strength and Conditioning Coach, owner of Treynor Peak Fitness and nationally certified trainer.**

**Brody Tubaugh - Head trainer at Treynor Peak Fitness, ex-collegiate football player, and has worked with DI athletes while at Duke University.**

**Ex and Current Cardinal Athletes will be on hand as well.**

**Please contact Jim Lovely - [jlively@treynorcardinals.org](mailto:jlively@treynorcardinals.org) with any ?s**

**Sponsored By:**



---

All Checks Payable to: Treynor Booster Club

Childs Name \_\_\_\_\_ Age \_\_\_\_\_ Grade(Fall '16) \_\_\_\_\_

Parents Name \_\_\_\_\_ Phone # \_\_\_\_\_

Email \_\_\_\_\_

Shirt Size (Please Circle) - YS, YM, YL, AS, AM, AL, AXL

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

By signing this form you hereby release and hold forever harmless the Treynor Community School District and its agents, from any liability for any personal injuries, including property damage, which may be incurred by your child' while participating in the Cardinal Speed and Agility Camp.

