

2017 Cardinal Speed and Agility Camp

When - Every Tuesday/Thursday from 10:30-11:30am from June 6th through June 29th, 2017

Who - Incoming 2nd through 8th graders

Where - Treynor High School Track/Sports Complex

Why/What- Enhance natural athleticism through technique improvement and drills. Baseline and Exit testing in the following areas 40 yard dash, ProAgilty and Vertical. Contests, Camper of the day, and other prizes to be awarded throughout 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 FRIDAY, MAY 19th 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 Bring a Water Bottle and incase of inclement weather announcement will be made by 9am on Face Book and Twitter

Please contact Jim Lovely - jlovely@treynorcardinals.org with any ?s

Please Return this form and Payment By: **FRIDAY MAY 19th, 2017**

(You can return to this form to either Elementary, Middle or HS.

Please Mark--> Attention - Jim Lovely)

Checks Payable to: **Cardinal Strength**

Childs Name _____ Age _____

Grade(Fall '17) _____

Parents Name _____

Phone # _____

Email _____

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

Parent/Guardian Signature
