

BOOSTER CLUB SPEED, AGILITY, QUICKNESS CAMP

(For BOYS and GIRLS)

Parent and Student Athletes (PLEASE READ ENTIRE PAGE),

This summer we plan on providing a speed camp for athletes going in grades 7-12. Due to a generous donation from the South O'Brien Booster Club, this camp will be free of charge. The Booster Club has provided all the equipment necessary to put on such a camp. **The camp will be starting on June 5th and will conclude on July 19th.**

*******NOTE: IF your child just completed the 6th grade they WILL be eligible for Speed Camp this summer.**

Tuesdays / Thursdays (age groups are for what grade you are in as of this school year)

Session 1: 7:00 - 7:45 – 9-12 High School Boys Group

Session 2: 7:45 - 8:30 – 9-12 High School Girls Group

Session 3: 8:30 - 9:00 – 7-8 Junior High Boys/Girls

Purpose of Camp:

Throughout the summer, we will be looking to improve the speed, agility, and quickness of your athlete(s). We will not be concentrating on one specific sport movement; but rather incorporate all the movements that are necessary to achieve at the highest level in ALL team and individual sports at South O'Brien.

Sessions and Waiver:

Please fill out the bottom of this page and return this handout to the office, Coach Goodchild, or Coach Fuhrman. We would like to start setting up groups and also would like to get an idea of the number of kids that are going to participate.

Name: _____

Waiver:

I hereby give my consent by the above named student to participate in the South O'Brien Speed Camp. I also give my authorization for South O'Brien Speed Camp staff to act in accordance with their best judgment in case of injury or emergency that may occur. I hereby waive/release South O'Brien Speed Camp staff, and South O'Brien and their respective employees, agents and affiliates from any liability and or any injuries which may occur while participating in said program.

Signature of participant, parent guardian (if under 18)

Date: _____