

# 2009 SPEED CAMPS



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**Mission Statement:** “To Strengthen the Body as well as the Mind so young athletes will feel confident, secure and in charge of their well-being. The harder you work for something, the harder it is to surrender to any opponent (in the game itself and in the game of life).”

## **SPORT SPEED CAMP**

**SCHEDULE:** Start Date: June 15<sup>th</sup>, 2009 End Date: July 30<sup>th</sup>, 2009 (7 WEEKS)

Workout Times: You may attend any of the following sessions on any given day.

2 Day Camp TIMES: **9:30 AM OR 4:30 PM** DAYS: **Tuesday and Thursday**

3 Day Camp TIMES: **9:30 AM OR 4:30 PM** DAYS: **Monday, Tuesday and Thursday**

10-15 Minute Dynamic Warm Up & Technique Work

35-45 Minute Speed Training

Session

- DETAILS:**
- Emphasis will be placed on proper technique.
  - Work in a state of the art facility (Shirk Center and Outdoor Track)
  - Economical-most camps will cost over \$150 for one week.
  - Safety and Personal Improvement are our #1 Priorities.
  - Workout in a safe, fun, yet hard working environment
  - Family Discounts—Call For Special Rate.
  - Space is limited so Sign up early. We will take walk-ins on the first day of camp as long as there is space available.
  - Age Groups: 5th Grade– Seniors (Grade in Fall of 2009)**
  - Development of Foot Speed, Stride Length, and Acceleration (BECOME FASTER AND QUICKER)
  - Emphasis on quickness, agility, explosiveness and technique.

**SIGN ME UP:      Deadline for Speed Camp = June 15<sup>th</sup>, 2009**

**\*\*Price listed is per Athlete\*\***

**\*\*We will take walk-ins, if space is available\*\***

- |           |                         |       |              |
|-----------|-------------------------|-------|--------------|
| <b>1.</b> | <b>2 Day Speed Camp</b> | _____ | <b>\$135</b> |
| <b>2.</b> | <b>3 Day Speed Camp</b> | _____ | <b>\$185</b> |

\_\_\_\_\_  
Athlete's Name

\_\_\_\_\_  
Parent's Name

\_\_\_\_\_  
Team Name or High School

\_\_\_\_\_  
Address, City, Zip

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Main Sport

\_\_\_\_\_  
Coaches Name

\_\_\_\_\_  
Home Phone and Emergency #

\_\_\_\_\_  
Health Limitations

**Method of Payment**

(Circle One)

Check

Bill Me

Cash

**Please mail and make checks payable to: Mike Wagner**

Illinois Wesleyan University

Attn: Mike Wagner

P.O. Box 2900

Bloomington, IL 61702-2900

AMOUNT ENCLOSED: \_\_\_\_\_

**T-Shirt Size**

(Circle One)

XXL    XL    L    M    S

Participation in the IWU Strength and Speed Center is voluntary. The University is not responsible for any injury incurred while participating in said program. Each participant is advised to carry her own health and accident insurance policy.

WAIVER: I hereby absolve for myself, me heirs, my executors, and administrators, forever, any and all rights and claims or damages I may accrue against the IWU Strength and Conditioning Center, the Department of Athletics, Illinois Wesleyan University itself, or its officials for any and all injuries suffered by me while participating in said Strength and Speed Center. I further certify that I am physically fit to participate in the programs offered in the Strength and Speed Center for which I am a member.

Athlete's Signature: \_\_\_\_\_

Parent's Signature \_\_\_\_\_