

The Summer Vacation Game Changer: Speed Camp 2017-18

Dates	AM Session	PM Session
Tuesday, July 11	10-11AM	7-8PM
Thursday, July 13	10-11AM	7-8PM
Tuesday, July 18	10 –11AM	7-8PM
Thursday, July 20	10-11AM	7-8PM
Tuesday, July 25	10-11AM	7-8PM
Thursday, July 27	10-11AM	7-8PM
Tuesday, Aug 1	10-11AM	7-8PM
Thursday, Aug 3	10-11AM	7-8PM

Speed Camp	Things you need to know:
<ul style="list-style-type: none"> • Learn the essential skills to unleashing your speed potential. • Train and learn in a small group environment with instant feedback. • Improve sprinting efficiency. Learn drills and exercises that are crucial to improve speed. • Improve start efficiency through correct technique. • Great background work for athletes looking to get ready for Fall Sports. • Gain the foundation necessary to effectively train for speed during your athletic career. 	<ul style="list-style-type: none"> • Cost - \$20 – Cash, Check, or Money Order – Made out to Eastern Tech Due June 13 by 1pm • Max 40 people per session, first come, first serve. • Speed camp will run rain or shine • You only attend one – AM or PM, selection is for the duration of camp. • You are only allowed to miss one session • Arrive 15 minutes early • Bring a reusable water bottle • There are NO Refunds!
SPEED CAMP IS OPEN TO ALL ATHLETES!	

Check One – I will be attending the:

AM		PM	
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For Office use only:

Return on:	AM: _____ of 40	PM: _____ of 40
Paid: Cash <input type="checkbox"/>	Check <input type="checkbox"/>	Money Order <input type="checkbox"/>