



Waycross College

SPEED & AGILITY TRAINING CAMP BY NIKE SPARQ CERTIFIED TRAINER FRED KING

**Camp cost for the complete
Month of July: \$150**
Includes a free Camp T-shirt

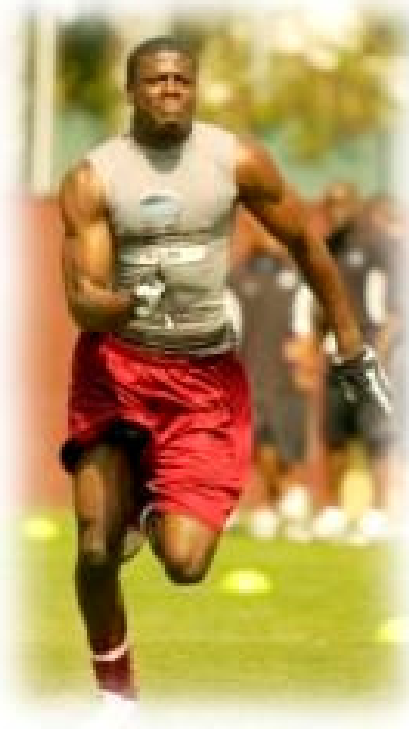
2010 CAMP DATE

JULY 6 - 8 9:00am to 12:00pm
JULY 12 - 15 9:00am to 12:00pm
JULY 19 - 22 5:00pm to 8:00pm
JULY 26 - 29 9:00am to 12:00pm

Monday - Thursday

Waycross College Athletic Field

AGES 9 - High School Seniors



Certified SPARQ Training

- Speed
- Power
- Agility
- Reaction
- and Quickness

Great training for all sports

- Running technique drills
- Ladder drills
- Cone drills
- Parachute drills
- 20 yard shuttle
- Learn to run with correct form and body technique.
- Learn to cut on a dime without breaking stride.
- Learn to run faster with more explosive take off.

PLEASE COMPLETE THE FOLLOWING:

NAME _____

PARENTS' NAMES _____

AGE _____

DAYTIME PHONE #'S _____

ADDRESS _____

MOBILE PHONE _____

E-MAIL _____

T-SHIRT SIZE _____

INSURANCE COMPANY _____

POLICY NUMBER _____

The parent or guardian, by signing this form, hereby releases Waycross College, Waycross College Camp, coaches, instructors, and personnel from liability for accident, injury, sickness, or lost/stolen equipment which may occur to, from and during the camp/clinic hours.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

MAKE CHECKS PAYABLE: HTF SPORTS PERFORMANCE
MAIL TO: WAYCROSS COLLEGE
ATTN: BRYAN HARTLEY
2001 SOUTH GEORGIA PARKWAY

FOR MORE INFORMATION: CALL COACH KING
OFFICE: 912-449-7594
CELL: 912-550-8888

WAYCROSS, GA 31503

EMAIL: fkings@waycross.edu

All payments are non-refundable



EVENT SPONSORS

