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FOOTHILLS B & H SPORTS
New Location -
5066 S. Wadsworth Blvd.
Littleton, CO 80123
Phone (303) 986-9515
BHSPORTSTEAM@AOL.COM

Dakota Ridge Eagles
Speed & Agility Camp
11763 W. Belmont Drive
Littleton, CO 80127
Attn: Ron Woitalewicz, Head Coach

Staple Here



**SPEED,
AGILITY
& ATHLETIC
CAMP
2010**

CAMP OBJECTIVES

To Improve Our Campers . . .

- ▶ Speed
- ▶ Running Form and Technique
- ▶ Explosive Power (Plyometrics)
- ▶ Foot Quickness
- ▶ Ability to Change Directions
- ▶ Reaction Time
- ▶ Side-to-Side Quickness
- ▶ Coordination

CAMP INFORMATION

Who: All MALE and FEMALE athletes
grades 2-12

Time: Grades 2-9 9:00 – 10:15 am
Grades 10-12 10:30 – 11:30 am

Days: Monday, Wednesday, Friday

Dates: 5 Week Camp
Starting: Monday, June 7, 2010
Ending: Friday, July 9, 2010

Cost: \$80 per camper (includes t-shirt)

Please make checks payable to:
Dakota Ridge Eagles

Where: Dakota Ridge High School
Football Field/Soccer Field

REGISTRATION

To pre-register:

Staple check inside the camp
registration mailer and return.*

Walk-in registration:

Dakota Ridge Football Field
Monday, June 7, 2010

or

Wednesday, June 9, 2010
From 9:00 am – 11:00 am

ADDITIONAL INFORMATION

Please Call:

Coach Ron Woitalewicz

Work: (303) 982-1902

Home: (303) 904-2315

Email: rwoitale@jeffco.k12.co.us

* Please keep this portion of the form for reference.

CAMP REGISTRATION FORM

Camper's Name: _____

Address: _____

Phone: (____) _____ - _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Phone: (____) _____ - _____

Age: _____

Sports You Compete in: _____

School You Attend: _____

PARENTAL CONSENT

I certify that my child has been examined by a physician and found to be in good health, and able to compete in all camp activities without restriction. Furthermore, I authorize the Directors of the Eagle Speed & Agility Camp to act for me to their best judgment in an emergency requiring medical attention. I further acknowledge that the Eagle Speed & Agility and/or anyone associated with Eagle Speed & Agility Camp will not be held liable for any damage resulting from any injury or illness my son/daughter may sustain while attending camp. I understand there are no refunds for any reason. NO EXCEPTIONS.

Parent/Guardian Signature

Date Signed

CAMP FEATURES

- ▶ Plyometrics, (Explosive Power Training)
- ▶ Resistance Training
- ▶ Hill Training (Up & Downhill Training)
- ▶ Form Running
- ▶ Coordination Drills
- ▶ Quick Feet Drills
- ▶ Change of Direction Drills
- ▶ Reaction Drills
- ▶ Cardiovascular Work

TESTIMONIAL

Improving speed and athletic ability is becoming the most important aspect in sports today. Speed is what sports is about and Speed and Agility camp will help the camper improve and increase their speed and overall athletic ability. It does not matter the sport.