

# Speed / Agility Camp

## Boys and Girls grades 2-6

Come learn how to improve your running form, increase your speed and agility, and become a better athlete! The 4 day camp will include a variety of training techniques that are used to enhance quickness, improve balance and agility, develop speed, and build confidence. Students of all ages will benefit from these drills.

WHEN: July 20-23, 2009

TIME: 7:00 – 8:30 pm

WHERE: Panther Football Field

COST: \$25.00 (\$15.00 for each additional sibling)

Registration can be done the first day of camp

or

Mail your registration form to:

Johna Ford: 1290 CR 3340 Paradise, TX. 76073

\*checks payable to Johna Ford

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Athlete's name: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_ Grade (fall 2009 school year): \_\_\_\_\_  
Parents names: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

List any known medical conditions: \_\_\_\_\_

**Please read and sign the following Waiver / Medical Release:**

I hereby give my permission for any and all medical attention necessary to be administered to my child in the event of an accident, injury, or illness. I authorize the coaching staff of Paradise High School to request medical treatment as necessary to insure the well being of my child.

Parent signature: \_\_\_\_\_