

EDMOND

SPEED & AGILITY

CAMP

2011

"Get A Jump Start On Your Season"

Camp Staff

The summer Speed & Agility Camp is directed by:
Edmond Santa Fe Head Track Coach Carl Hawkins
Edmond Santa Fe Football & Track Coach James Edwards

Instruction

The camp is designed to assist athletes in improving their overall speed, agility and conditioning. The athletes will learn important techniques that will help the athletes compete at a higher level in all sports.

Equipment

Athletes should wear running shoes and athletic apparel and bring a water bottle or container.

Results

- *Improved 40 Time
- *Increased Endurance
- *Increased Flexibility
- *Improved Coordination
- *Improved Running Mechanics

**Edmond Santa Fe
Speed & Agility Camp**

Registration Form & Camp Schedule:

Monday thru Thursday

June 6th through the 16th, 2011 from 8:30 to 9:30 am.

PLEASE CHECK THE DIVISION OF YOUR ATHLETE:

\$100 Registration Fee (On or Before May 31st) (\$125 After May 31st)

SPEED Registration Form

Fill out Information Below to Register.*Required Information.

*Name _____

*Address _____

*City, State, Zip _____

*Phone _____ E-mail _____

*Shirt Size _____ *Pre-Registered Athletes will receive a "SF Camp T-Shirt"

Sports Athlete Competes In _____

Age _____

*Medical Conditions _____

I hereby release Edmond Public Schools and the coaches of the Speed Camp from all claims on account of pre-existing injury, pre-existing medical condition or any injuries sustained at the Speed Camp. I agree to indemnify Independent School District No. 1-12 of Oklahoma County, Oklahoma, the Edmond Public Schools and the Edmond School Board and their respective individual employees, agents, members and authorized representatives harmless at all times against any and all loses, claims, damages, costs or expenses incurred by the School or claimed against the School by any person in connection with the Applicant's use of the property. I hereby state that my son/daughter is physically fit to participate in the Speed and Agility Camp

Parent/Guardian Signature _____

Please make check payable to Santa Fe Speed Camp.

Send payment and completed form to:

James Edwards
Santa Fe HS
1901 W. 15th
Edmond, OK 73013