



Quality Fitness
for your quality of life

www.QualityFitnessMukilteo.com

(425) 347-5191

Quality Fitness

Mukilteo

Presents its

SPEED & CONDITIONING **CAMP FOR 2016!**

- ✓ **Date:** July 6th – July 27th, 2016
Monday & Wednesday Mornings
- ✓ **Time:** ****TO BE DETERMINED****
- ✓ **Place:** Kamiak Athletic Turf Field,
Kamiak High School, Mukilteo WA.
- ✓ **Cost:** \$100.00 (tax already included)

Camp Director: David Matthews,
Former D-1 Collegiate Football and
Track Athlete, Owner of *Quality Fitness*
Mukilteo, & ACSM Certified Personal
Trainer.

What to Wear: Athletic shorts or
pants (compression, sweat, warm-ups,
etc.), long-sleeved/short-sleeved shirts
(cut-offs are fine too). NO loose clothing
and *nothing baggy*. Football/turf cleats
are best. Camp will be held rain or shine,
so dress for the weather of the day.

Camp Features: The Camp will
focus on injury prevention, proper
running technique, speed & agility
development, and improvement of
footwork & acceleration through use of:

- Plyometrics
- Stretching/Flexibility
- Speed & Combine Drills
- Speed Drills
- Agility, Balance,
& Coordination Training

Registration

Name: _____

Address: _____

City/State/Zip: _____

Phone Number: _____

E-mail: _____

Any Medications? _____

Any Allergies? _____

Medical Conditions? _____

Emergency Contact Name & Phone Number: _____

Grade (Fall 2016): _____

DOB: _____

Medical/Insurance Waiver

- By my consenting signature below, I give permission for my child to attend and participate in the Quality Fitness Mukilteo 2016 Speed & Conditioning Camp.
- I certify that my child is in good health or I've notified camp staff of any health conditions to be aware of.
- I authorize the camp staff to act on my behalf in the event of any injury or illness while attending camp.
- By signing below, I waive and release the camp's staff and its designees from any and all liability for injuries and illness *as well as* expenses for the same.

Parent/Guardian Signature

Date

Make Checks/Cash Payable to:

Quality Fitness Mukilteo

Return To:

Quality Fitness Mukilteo
8221 44th Ave. W, Suite E
Mukilteo WA 97275

