

Quality Fitness Mukilteo *Presents its*

SPEED & CONDITIONING CAMP FOR 2016!

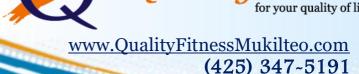
- ✓ **Date**: July 6th July 27th, 2016 Monday & Wednesday Mornings
- ✓ Time: **TO BE DETERMINED**
- ✓ **Place**: Kamiak Athletic Turf Field, Kamiak High School, Mukilteo WA.
- ✓ **Cost**: \$100.00 (tax already included)

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
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Date

Make Checks/Cash Payable to:

Quality Fitness Mukilteo

Return To:

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









