

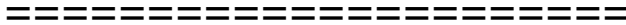
I give my son permission to participate in the DeSales Speed & Agility Camp and will not hold DeSales High School or any of its staff responsible for any accident or injury to my child.

\_\_\_\_\_  
Signature of Legal Guardian

Each participant is required to carry his own insurance:

\_\_\_\_\_  
Company Name

\_\_\_\_\_  
Policy Number



I hereby consent to allow my son to receive any medical treatment for any injury suffered at the DeSales Speed & Agility Camp.

\_\_\_\_\_  
Signature (Legal Guardian)                      Date

IN CASE OF EMERGENCY CONTACT:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone



Non-Profit Org.  
U.S. POSTAGE  
PAID  
Louisville, KY  
Permit No. 823

# DeSales High School



# 2009 SPEED & AGILITY CAMP

June 15-18, 2009

# DESALES SPEED & AGILITY CAMP

## Camp Dates

**June 15-18, 2009  
11:00 AM– 1:00 PM**

## Ages

**Grades 7-12**

## Cost

**\$75**

## What to Bring

- Cleats/Gym Shoes
- Gym Shorts
- Water Bottle
- Please have kids bring both cleats & running shoes in case of rain. Water will be available.

## Camp Features

- Sprinting technique-specifically breaking down the 40yd dash
- Agility work including but not limited to lateral work, backpedaling, angle pedaling, drop step, etc.
- 5-10-5 pro shuttle (this is one of the NFL combine tests)
- L- Drill (another NFL combine test)
- All athletes will be coached on the correct technique of these drills as well as given several opportunities to perform repetitions of each drill
- OPEN TO ALL ATHLETES
- REGARDLESS OF SPORT OR SKILL LEVEL!!!!!!!

## Coaching Staff

### **Coach Sam Gilbert**

- M.S. Certified Strength & Conditioning Specialist
- Former Graduate Assistant Strength & Conditioning Coach for Eastern Kentucky University
- Sports Performance Coach at Velocity Sports Performance

## Registration Form

Name \_\_\_\_\_

Grade Level in Fall of 2009 \_\_\_\_\_

Current School \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

T-SHIRT SIZE: **XXL XL L M S**  
(Circle One)

\$75.00 Fee - Make Checks Payable To:  
**DESALES SPEED & AGILITY  
CAMP**

Send registration form, permission and medical consent, and check to:

**DeSales High School  
Speed & Agility Camp  
425 Kenwood Drive  
Louisville, KY 40214**