*2013 COLLINSVILLE SPEED CAMP*

*JULY 16, 18, and 19*

* July 16, 18, and 19. 6:00pm – 7:15pm.
* At Collinsville High School Track
* 3 days of focus and instruction on teaching and building speed. Build a quicker first step in all directions, build core strength, increase your vertical, be more efficient, and boost your confidence as an athlete.
* Instruction is done by both current and ex college athletes who are very knowledgeable in the importance of speed in athletics.
* If you run, jump, or throw, this camp is for you!
* To participate: fill out and return registration form to Collinsville High School Attendance office or mail to Collinsville High School 1902 W Maple, Collinsville, Ok 74021, Attn: Sean Tesar. Forms can be found on Facebook at Collinsville Speed Camp, the High School or Middle School Attendance office, or the football field house. For more information contact: Sean Tesar, 918-520-2630, and by email at: Collinsvillespeedcamp@yahoo.com.
* Cost is $35 if not preregistered. To pre-register have registration form and fee in by July 11th. Pre-registration cost is $30. Camp fee includes Collinsville Speed Camp T-Shirt. Make checks payable to: Sean Tesar Collinsville Speed Camp.
* This camp is not sport specific and will increase any athletes ability to: run faster more efficiently, make quicker cuts and turns, absorb forces put on the body during competition, make joints more mobile and stable, increase muscular endurance, and correct the old adage that you can’t teach speed.

*“YES YOU CAN TEACH SPEED, AND WE DO”!*

*2013 COLLINSVILLE SPEED CAMP REGISTRATION FORM*

*JULY 16, 18, 19 6PM -7:15 @ COLLINSVILLE HIGH SCHOOL TRACK*

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

AGE: \_\_\_\_\_

GRADE: \_\_\_\_\_\_\_\_\_\_\_\_\_

SPORTS PLAYED: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

T-SHIRT SIZE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

AREAS YOU WOULD LIKE TO IMPROVE THE MOST AS AN ATHLETE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ATHLETES SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

By signing the above I understand and acknowledge that to receive the full benefits, I will participate with my best effort and focus.

PARENTS SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

By signing the above I understand and acknowledge that my athlete will be participating in the 2013 Collinsville Speed Camp and I give their consent to do so.

PARENTS EMAIL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_