

SANTA FE SPEED & AGILITY CAMP

Camp Dates & Times: The athletes will train four days a week (Monday thru Thursday) from June 2nd through the 19th.

2 Divisions:

8th Division I High School (9th -12th Grade) 7:30am-8:45am
8th Division II 8th Grade & Down 8:45am-10:00am

SPEED CAMP TRAINING

Speed Development

- Sprint Mechanics
- Explosive Drills

Quickness Development

- Quick feet drills
- Acceleration Development

Agility Training

- Change of Direction
- Start and Stop Acceleration and Explosion

Endurance Training

- Sustaining Speed over Distance

Explosive Movements

- Plyometrics
- Jumping Drills

Injury Prevention

- Proper Warm-up
- Stretching Techniques
- Proper Cool-down

SPEED Registration Form

*Fill out Information Below to Register. *Required Information.*

*Name _____

* Address _____

* City, State, Zip _____

* Phone _____ E-mail _____

*Shirt Size _____

Sports Athlete Competes In _____

Age _____ Birthdate _____

*Medical Conditions _____

*Please check time you will attend:

Session I 9th through 12th Grade

Session II 8th Grade and Under

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 losses, 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 _____

Cost of the 3-Week Camp is \$100 per person.

Please make check payable to Santa Fe Speed Camp.

Send payment and form to:

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

*Pre-Registered Athletes will receive a "SF Speed Camp T-Shirt". Pre-Registration ends May 30th, *Mark shirt size above.

**Athletes can also register the first day of the camp.