



**Attention all Germantown
HS Male Athletes**

Don't miss your opportunity to get your body Fast-n-Fit for this fall

**2010 FAST-N-FIT VARSITY
SUMMER PERFORMANCE CAMP**

Camp Details

Dates: June 14th – July 22 Time: 7:00 am to 9:15 am

Days: Mondays and Wednesdays & Thursdays Chaos Conditioning will be from 7:00am to 8:30 am.

Location: Germantown HS Track Coach: Dave Schmitz

Who should attend: Any Germantown incoming Male high school athlete

Camp Format

Athletes will be taken through a total body group warm-up and then broken into two flights

Flight 1 will train Speed & Agility from 7:30 – 8:15 - Flight 2 will be in the Weight room

Flight 2 will train Speed & Agility from 8:30 to 9:15 - Flight 1 will be in the weight room

Cost for Camp: \$120/athlete – **Register before May 21th** or \$145 after May 21th (Includes camp Tee shirt, 18 professionally designed and supervised workouts)

No pro-rating of camp cost will be accepted

Return this portion of form with Payment to Coach Davis or Coach Bransky or Mail to G'Town
Fast-n-Fit W161 N11115 Meadow Dr Germantown, WI 53022

Incoming Grade: 9 – 10 – 11 – 12 **Cost:** Early Registration (before May 21th) \$120 - After May 21th \$145

Athletes Name: _____ **Address:** _____

Phone: _____ **City, Zip** _____

Email Address: _____ **Tee Shirt Size:** sm – m – lg – xl (Circle 1)

Payment: Cash or Check Please Make Checks Payable to GHS Weight Room Club

As a parent or legal guardian of the above student, I hereby waive, release, indemnify and hold harmless Performax Performance Training LLC, all coaches or assigns associated with the Camp in any way from any injury or liability whatsoever which may result from the student athlete participating in the this camp. Further, I hereby affirm that the student is medically able to participate in the camp without limitations.

Signature of Guardian or Parent _____