Germantown Spring Speed & Agility Camp

Dave Schmitz of G'Town Fast-n-FIT along with the Germantown Power Program will be offering a weekly speed training sessions for "any athlete" not involved in track and field

Start Date: Tuesday March 16th and running thru Thursday May27th
Days - Every Tuesday and Thursday unless noted **Time:** 2:45 to 3:30pm
Location: Germantown High School
Coach: Dave Schmitz

How to Register: **Submit registration to**: Coach Branske in the PE office or Coach Davis's office
By Thursday March 12th

Cost: **$110** - *Possible training sessions 20*

Do to the extremely affordable cost $5.50 per session, pro-rating the registration fee or paying per session will not be considered.

Please Make checks payable to: Germantown Weight Room Club

(Please return this portion of form with Payment)

Cost: $110 Payment: Check: ___ Cash: ____

Name: _____ **Address:** _____

Phone: _____ **City, Zip** _____

Email Address: _____ ***(please print clearly)***

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 _____ Date: _____

www.gtownfastnfit.com