

# Attention all Germantown Male and Female Middle School Athletes

*Don't miss your opportunity to get your body ready for this fall*

## 2011 G'Town Quick Kids Co-Ed 6 Week Summer Speed and Conditioning Camp

### Camp Details

**Weeks:** June 14th thru July 21st

**Training Days:** Tuesday and Thursday 10:00 to 11:00 am

**Location:** Germantown High School Practice Field Coach/Instructor: Dave Schmitz

**Who should attend:** Any Germantown Incoming 6<sup>th</sup> - 7<sup>th</sup> - 8<sup>th</sup> Grade athlete

### Camp Format

The Quick Kids Camp focuses on helping young middle school athletes learn how to improve agility, foot quickness and linear speed.

A typical 60 Minute training session will include:

*Dynamic Warm up  
Agility and Quickness Training  
Linear or Lateral Speed Development  
Functional Strength Training*

*We will also incorporate game oriented exercises to keep training session fun.*

Cost for Camp: \$105/ athlete if registered before **May 31<sup>st</sup>** or \$125 if registered **after May 31<sup>st</sup>**

**Please Note: 25% of all camp Registration Fees will be donated to the GHS Weight Room Club**

**No pro-rating of camp cost**

-----

**Return this portion of the form with Payment** to Coach Davis or Coach Branske

**Mail to:** Germantown High School W180 N11501 River Lane Germantown, WI 53022 - Attention Coach Jake Davis

*Please circle and complete each area*

**Incoming Grade: 6 - 7 - 8**

**Amount enclosed: \_\_\_\_\_**

**Athletes Name: \_\_\_\_\_**

**Address: \_\_\_\_\_**

**Phone: \_\_\_\_\_**

**City, Zip \_\_\_\_\_**

**Email Address: \_\_\_\_\_ T- Shirt Size: sm - m - lg - xl (Circle 1 - all adult sizes)**

**Payment: Cash or Check Please Make Checks Payable to Germantown 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 \_\_\_\_\_

**Please complete one form per Athlete and Please makes checks payable to the organization noted**