

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 6th - 7th - 8th 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 31st** or \$125 if registered **after May 31st**

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