



Attention all Germantown Male and Female Middle School Athletes

2018 G'Town Quick Kids  
6 Week Summer Speed and Conditioning Co-Ed Camp

**Camp Details**

**Weeks:** Tuesday June 5th thru Thursday July 19th (No camp week of July 4<sup>th</sup>)

**Training Days:** Tuesday and Thursday 9:00 to 10:00am

**Total Training Sessions:** 12

**LOCATION:** Faith Lutheran Church (Meet at the South end of parking lot)  
W172 N11187 Division Road, Germantown

**Who should attend:** Any incoming 6<sup>th</sup> – 7<sup>th</sup> - 8<sup>th</sup> Grade athlete interesting in improving speed, agility and quickness

**Camp Format**

The Quick Kids Camp focuses on helping young middle school athletes learn how to improve lateral agility, foot quickness and first step speed. A typical 60 Minute training session will include:  
*Dynamic Warm up - Agility - Quickness - Linear or Lateral Speed Development and Functional Strength Training*

**Cost for Camp:** \$109/athlete if registered before May 29th (includes camp T-shirt) or \$129 after May 29th (Tee - Shirt not guaranteed)

**Make Checks Payable to: Resistance Band Training Systems**

*No pro-rating of camp cost*

Mail this portion of the form with Payment to:

Resistance Band Training Systems - W161 N11115 Meadow Dr, Germantown, WI 53022

***Please circle and complete each area completely – Please Print Clearly***

**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: Resistance Band Training Systems**

As a parent or legal guardian of the above student, I hereby waive, release, indemnify and hold harmless G'Town Fast-n-Fit, Resistance Band Training Systems 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 Must Sign Here** \_\_\_\_\_

**Please complete one form per Athlete**

## 2018 Fast-n-Fit Middle School Camp Calendar

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<b>June 5th</b> 9 to 10am		<b>June 7<sup>th</sup></b> 9 to 10am	
	<b>June 12<sup>th</sup></b> 9 to 10am		<b>June 14<sup>th</sup></b> 9 to 10am	
	<b>June 19<sup>th</sup></b> 9 to 10am		<b>June 21<sup>st</sup></b> 9 to 10am	
	<b>June 26<sup>th</sup></b> 9 to 10am		<b>June 28<sup>th</sup></b> 9 to 10am	
	<b>July 3<sup>rd</sup></b> <b>No Camp</b>	<b>No Camp This Week</b>	<b>July 5<sup>th</sup></b> <b>No Camp</b>	
	<b>July 10<sup>th</sup></b> 9 to 10am		<b>July 12<sup>th</sup></b> 9 to 10am	
	<b>July 17<sup>th</sup></b> 9 to 10am		<b>July 19<sup>th</sup></b> 9 to 10am	

All Camp sessions will be at Faith Lutheran Church of Germantown - Corner of Division Rd and Mequon Rd