Fast - n - FIT Training Camp

Quick Kids 2010

Training for a Faster – Stronger Futnre

Welcome to the Third Annual 2010 G'Town Fast-n-Fit Quick Kids Summer Camp

Where young athletes are guaranteed to get faster, stronger, and in great shape one encouraging and successful step at a time!!

6 Week Quick Kids Camp Details

Start Date: June 14th thru July 21st Training Days: Mondays and Wednesdays

Location - Germantown High School Track Time - 9:30 to 10:30 am

Certified Youth Conditioning Coach: Dave Schmitz

Who should attended- Any local middle school athlete going into 6th – 7th or 8th grade who strives to become a better young athlete and is willing to work at getting there.

What will Athletes Receive for Participating: 12 training sessions and a 2010 Quick Kids Fast-n-Fit Tee-shirt

Cost For Camp: $99 Learn more at www.gtownfastnfit.com

Remove this portion and return with payment

Circle: Incoming Grade: 6th – 7th – 8th Cost: $99

Name:_____ **Address:**_____

Phone: _____ **City, Zip**_____

Email Address: _____ **Tee Shirt Size** Adult Sm – Med – Lg (Circle 1)

Mail to: G'Town Fast-n-Fit W161 N11115 Meadow Dr Germantown, WI 53022
Checks Payable to Performax Performance Training

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_____