

# Camp Features

This camp is designed for middle school and high school athletes looking to reach their full athletic potential.

All sessions are designed to help increase strength, stamina, power, agility and many other qualities needed to succeed as an athlete.

Increasing speed and improving athletic ability are the most important developmental aspects of sports today. Speed is the cornerstone of all competitive sports, and this camp will help improve speed and overall athletic skills. This is a great opportunity for the endurance athlete to the college football prospect.

Athletes of *all* sports will benefit greatly from participation in this camp!



## Camp Sessions will include:

- ◇ **Plyometrics** (*explosive power training*)
- ◇ **Resistance Training**
- ◇ **Hill Training** (*uphill and downhill*)
- ◇ **Form Running**
- ◇ **Coordination Drills**
- ◇ **Quick Feet Drills**
- ◇ **Change of Direction Drills**
- ◇ **Reaction Drills**
- ◇ **Cardiovascular Drills**
- ◇ **Strength Training**

Name \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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PLACE  
STAMP  
HERE

Dakota Ridge Eagles  
Speed & Agility Camp  
11763 W. Belmont Drive  
Littleton, CO 80127  
Attn.: Coach Ron Woitalewicz

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**STRENGTH** **CONDITIONING** **FLEXIBILITY** **POWER** **SPEED** **AGILITY**  
**EAGLES SPEED & AGILITY CAMP**

## Camp Information

Who: All male/female athletes grades 2-12

What: 5 Week Speed & Agility Skills Camp

When: Mondays, Wednesdays & Fridays  
Monday June 3, 2019 to  
Wednesday July 3, 2019

Grades 2-9: 9:00 am—10:15 am  
Grades 10-12: 10:30 am—11:30 am

Where: DRHS Football & Soccer Fields

Cost: \$90 per camper  
(includes t-shirt & "Popsicle Fridays!")

Please make checks payable to:  
**Dakota Ridge Eagles**

REGISTER NOW



## Registration

**By Mail:** Staple your check to the inside of this mailer, seal, and return via mail (postage required).

**Online:** [www.dakotaridgesports.org](http://www.dakotaridgesports.org)

**Walk-up registration:** Day 1 or 2 of camp, June 3 or 5, 2019, 8:00 am

## REGISTRATION FORM

Camper's Name: \_\_\_\_\_

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

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_

Sports you compete in: \_\_\_\_\_  
\_\_\_\_\_

School you currently attend:  
\_\_\_\_\_

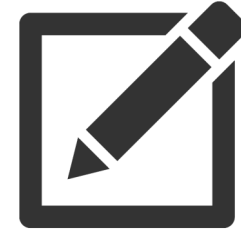
Emergency Contact Name & Phone:



(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

## Additional Information

For additional information, please call Coach Ron Woitalewicz at (303) 982-1902 (work) or (720) 838-3931, or via email at [rwoitale@jeffco.k12.co.us](mailto:rwoitale@jeffco.k12.co.us)



## Parent/Guardian Consent & Waiver of Liability

I assume all risks and hazards associated with the above named camper's ("the camper") participation in this camp. I acknowledge my camper is in proper physical condition to participate in this camp, and he/she has no illness, disease or existing injury or physical defect that would be aggravated by his/her participation. I will inform the coach if this status changes. I further acknowledge that this risk may involve loss or damage to me or my property, including the risk of death, or other unforeseen consequences, including those which may be due to the unavailability of immediate emergency medical care. I expressly release, waive liability, discharge, hold harmless, indemnify, and covenant not to sue Dakota Ridge High School, Coaches, Supervisors, Volunteers, Jeffco Public Schools, or anyone otherwise associated with those individuals and entities liable for any damages, injury or illness which the camper may sustain while attending any session of this camp. I further understand that under no circumstances will any amounts paid by me for the camper's participation in this camp. I represent and certify that I have the legal capacity and the authority to act for, and on behalf of, the minor in the execution of this Waiver of Liability and Release.

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_  
PRINTED NAME

Date signed: \_\_\_\_\_