

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 1, 2020 to
Wednesday July 1, 2020

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



Registration

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

Online: www.dakotaridgesports.org
There is an online registration fee of \$15 if paying this way.

Walk-up registration: Day 1 or 2 of camp, June 1 or 3, 2020 (8:00 am)

REGISTRATION FORM

Camper's Name: _____

Address: _____


Phone: (____) _____ - _____

Email: _____

Age: _____

Sports you compete in: _____

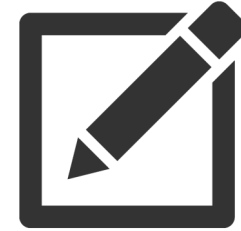
School you currently attend: _____

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



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: _____