

Get a *FAST* start to your season: Pre Season Speed & Agility Camp

Athletes will be drilled on proper running technique, footwork, and change of direction speed. In addition athletes will train to increase speed, agility, and reaction time. Camp will be half drills and half movement based games to help each athlete prepare for the upcoming football season. Come train with the top speed trainers in the area!

When: July 16th & 17th

6:00 pm until 7:15 pm

Where: Wildcats Practice Field

Who: All Hampshire Football Players

Cost: \$50 for the camp. \$25 will be donated back the Wildcats

Make sure to wear appropriate workout attire and bring a bottle of water with you. Please show up 15 minutes early to the first day so that we get started in a timely manner. Camp will be held on a grass field so cleats or good outdoor shoes are best.



"I believe training with Davis Speed Center since freshmen year was a significant reason why I was successful in high school and was able to move on to the college level."

Bryan Bulaga - Iowa

Name _____ **Address** _____ **City** _____ **State** _____

Zip Code _____ **Age** _____ **Phone** _____ **Email Address** _____

Football Program _____ **Hampshire School** _____ **Grade** _____

I recognize and acknowledge that there are certain risks of physical injury to participants in the speed training program and I agree to assume the full risk of any and all such injuries, damages or loss regardless of the severity which I or my child may sustain as a result of participating in any activities connected with the speed training program. I do fully release, hold harmless and indemnify the corporation, it's directors, officers, agents, and employees from any and all claims and damages, including court costs and attorney's fees, resulting from injuries sustained by me or my child in connection with participation in the speed training program.

Signed _____ **(if under 18 legal guardian must sign) Date** _____

Please fill out and mail back bottom section with check made out to: Davis Speed Center, 221 Liberty Rd, Crystal Lake, IL 60014, (815) 788-7330 www.DavisSpeedCenter.com or info@davisspeedcenter.com