



ACHIEVE
Optimal Performance

SPEED CAMP

Brought to you by **BPS Lied Activity Center & ACHIEVE** a division of Nebraska Doctors of Physical Therapy

- Optimize the Performance of your Body
- Improve Overall Athleticism
- Improve your Quickness
- Improve your Transition
- Eliminate Wasted Motion
- Increase your SPEED

Reserve your slot in our 6 week speed camp today. Speed Camp will meet once a week for approximately 45-60min. Each week you will learn ways to optimize the performance of your body, develop confidence; as well as new methods to increase your overall speed.

Register at the Lied Activity Center, 2700 Arboretum Drive (Hwy. 370 & Fort Crook Road). Please make checks payable to the Lied Activity Center.

Cost: \$40.00

Age Group: 4th-8th Grade

Dates: Wednesdays March 10th -April 14th

Times: 7:30pm-8:30pm

Location: Bellevue Lied Activity Center

**More info: Lied Ctr 402-293-5000
or Dr. Brian Inselman 402-502-4678**



Registration Form—Optimal Performance Speed Camp (Please turn in to Lied Activity Center)

Athlete Name _____ Home Phone _____

Address _____ Work Phone _____

Parents Cell Phone _____ Parents Email Address _____

Age _____ Grade _____ School _____

I understand that I/my child will be attending sports training sessions. I understand that there are inherent risks with strength training and I will not hold NDPT, coaches, managers, their assistants or anyone who is responsible for the Bellevue Public Schools Recreation department responsible for any injury. If I/my child am/is not fully ready to participate for any particular reason, I/my child may be withheld from participation until fully ready to participate at 100%.

Signature (Parent/Guardian) _____ Date _____