

SPEED AND CONDITIONING CAMP

Challenge yourself with specific drills that increase your responsiveness, making you faster and quicker

- You will see a difference**
- You will feel a difference**
- You will make a difference**

Speed and Conditioning Camp will meet twice per week for approximately 45-60min. Each session you will learn ways to optimize the performance of your body, develop confidence, as well as new methods to deter injury.

- **Improve overall Athleticism**
- **Improve your quickness**
- **Improve your transition**
- **Eliminate wasted motion**
- **Increase your speed**



Cost: \$5.00 per session

Age Group: 4th grade and up

Dates and Times: July 2010

**Wednesdays 7, 14, 21, 28 @ 7:30 pm
 at Bellevue West Football Field**

**Saturdays 10, 17, 24, 31 @ 7:30 am
 at Bellevue East Football Field**

**More Info: Dr. Brian Inselman 402-502-4678 or
 binselman@ndpt.org**

Please bring this form with you to camp

Sign up Form—Optimal Performance Speed and Conditioning Camp

Athlete Name _____ Home Phone _____

Address _____ Cell Phone _____

Email _____ 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 if minor) _____ Date _____