



# REAL TRAINING



## Football "Reactivity" Indoor Speed Camp

(Optional Pre-Season Training Opportunity)

2 days per week

@ CU Balch Fieldhouse on the CU Boulder Campus (Indoor Track)

Mondays and Wednesdays @ 6:00pm – 7:30pm

(Price = \$400)/ 16 Sessions

This is your ticket to hitting the ground faster, listening a little better, and having fun in the process. Our Reactivity Camp will, help increase overall awareness, technique, positioning, deceleration (putting on the brakes), mobility (flexibility), and injury prevention. Get ready for the spring football or simply "Get Faster". Who we are? Highly Competitive National Caliber Youth Athletic Educational Program that is designed to complement your sport. A USATF Junior Olympic Development Program.

### December Sessions:

5<sup>th</sup>, 7<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup>

### January Sessions:

2<sup>nd</sup>, 4<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 23<sup>rd</sup>, 25<sup>th</sup>, 30<sup>th</sup>

### February Sessions:

1<sup>st</sup>, 8<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>

Speed • Speed • Speed

- First Step Reaction
- Acceleration
- Agility
- Multi Directional Speed
- Quickness
- ACL Injury Prevention

Late Practices will be on the following Monday dates.

Jan: 9<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

Feb: 13<sup>th</sup>

From 7:30 -9pm

Each player will learn take home skills they can practice on their own and with their team to become the best they can be. Athletes please wear loose athletic clothing and be sure to bring a water bottle.

\*Where\* Bach Field House on the CU Boulder Campus (Indoor Track)

**Financial Assistance** – REAL Training aims to help athletes reach their potential both on and off the field, while not excluding an athlete that may lack financial means. Please contact Maurice Henriques @ [mhenriques45@yahoo.com](mailto:mhenriques45@yahoo.com) for more information.

Please complete and sign the entire form below - Pre-registration required - All payments with the form below must be received by Dec 5th, 2016

Athlete's Name \_\_\_\_\_ Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 Parent's Name \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Street \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

Please include your check for \$400 made out to REAL Training

For and in consideration of the Athlete, \_\_\_\_\_, for whom I, \_\_\_\_\_ (Name), am the legal guardian of, being accepted into, I state and promise as follows: My child is mentally and physically capable of participation in all training. My child's participation is voluntary and I voluntarily permit my child to participate. My child's participation in training is an inherently dangerous activity and that the risk of participation include, but are not limited to, falls, collisions, cuts, broken bones, strains, torn ligaments, concussion and while highly unlikely, possible death. I hereby, for myself, my child, our heirs, administrators, executors, personal representatives and assigns, forever waive, release and discharge any and all rights to claims for damages and losses, whether monetary or otherwise compensatory, that I or my child may have against: (i) REAL Training, LLC and its directors; (ii) executive directors, owners, managers, officers, employees, members, representatives, and agents; (iii) all coaches, participants, organizers, supervisors, planners, and volunteers; and (iv) all city, county and state governments for any and all injuries sustained by me or my child arising out of association with, entry in, or participation in the training and any and all training activities. REAL Training recommends that your child be examined by his/her physician before participation in any and all training activities. I hereby approve of my child's participation with REAL Training.

Champion's Name \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

[www.realtrainingcolorado.com](http://www.realtrainingcolorado.com)