



## SUMMER CAMPSTRENGTH – SPEED – AGILITY



LOCATION: NIWOT HIGH SCHOOL (TUESDAYS & THURSDAYS)

### SUMMER TRAINING OPPORTUNITES

10:00 AM – 12:00 PM (WORKOUT)

12:00 PM – 1:00 PM (LIFTING)

Getting a jump-start on your fitness is key on the competition; join us for our annual summer training camp; great facilities, great staff, and great weather.

We will begin our training on May 29 and commence on July 19. Sessions will last for 2.5 hours focusing on the mechanics of sport, movement first step reaction, agility strength development and FUN! Designed to maximize the athletic potential and ability of every participating athlete.

MARY GILLETT: "I ENJOY TAKING EVERY CHANCE I CAN GET TO IMPROVE MYSELF. THE TRAINING AND STAFF IS SECOND TO NONE."

- ❖ Sessions designed with specific purpose and expected outcomes
- ❖ Multiple-joint explosive power
- ❖ Auxiliary lifting that are sport specific for each athlete
- ❖ An investment in your fitness and the success you hope to continue building as an athlete
- ❖ Costs cover weight facility, field use, gym use, staffing & insurance

#### SUMMER TRAINING DATES:

\$395.00 TOTAL COST  
\$95.00 PRACTICE FEE CHECKS PAID TO SVVSD  
\$300.00 CLUB FEE AND MEET FEE  
CHECKS MADE TO REAL TRAINING

CHECKS MADE TO REAL TRAINING

8 WEEKS

WHO: MIDDLE & HIGH SCHOOL ATHLETES

MAY: 2 SESSIONS 4:00PM-6:00PM  
29, 31

JUNE: 8 SESSIONS 10:00AM-1:00PM  
5<sup>TH</sup>, 7<sup>TH</sup>, 12<sup>TH</sup>, 14<sup>TH</sup>, 19<sup>TH</sup>, 21<sup>ND</sup>, 26<sup>TH</sup>, 28<sup>TH</sup>,

JULY: 7 SESSIONS 10:00AM-1:00PM  
3<sup>TH</sup>, 5<sup>TH</sup>, 10<sup>TH</sup>, 12<sup>TH</sup>,  
17<sup>TH</sup>, 19<sup>TH</sup>,

**NO sessions on July 4<sup>th</sup>**

Developmentally appropriate specialized training program emphasized for athlete development, strength, conditioning, speed development, power, quickness, cadence, muscular durability, sport specific techniques, mental strength, improved confidence.

Designed for ALL sports, including but not limited to: **Football, Volleyball, Basketball, Tennis, Track & Field, Field Hockey, Ice Hockey, Golf, Lacrosse, Gymnastics, Cross Country, Soccer, Softball, Wrestling, Baseball, Swimming, Cheer/Spirit**

Registration is easy: turn over and fill out registration form on back

Contact

\*Summer Training Opportunities are contingent on getting at least 100 athletes registered. If we do not get a minimum of 100 athletes to register, the camp may not take place and you will be refunded

\*Schedules listed above are tentative and suspect to change

Please contact us @mhenriques45@yahoo.com for more information

## REAL TRAINING

maurice henriques Summer Training Camp

[REALTRAININGCOLORADO.COM](http://REALTRAININGCOLORADO.COM)

SUMMER CAMP  
STRENGTH – SPEED – AGILITY  
REGISTRATION FORM

Participant's Name \_\_\_\_\_

Grade in 2018-2019 \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Parent(s) Name(s) \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Mail Registration to:

SVVSD Summer Camps C/O Susan PrahI

6635 Cherokee Ct

Longmont, Co. 80503

CONTACT #: 720-666-1093

EMAIL: prahl\_susan@svvsd.org

MAKE CHECKS PAYABLE TO: SVVSD

RELEASE FORM: St Vrain Valley School

I give my permission for \_\_\_\_\_ to participate in this activity. I acknowledge that participation in this activity involves some risk of injury or death and I assume these risks. I further acknowledge that the participant is physically capable of performing in this activity. I release and hold harmless the St.Vrain Valley School District and its personnel from any liability for any injury or death arising from participation in this activity.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_