

**Cardinal Strength**  **and Speed Camp (Summer 2015)**

Multi-planar Speed/4D Speed Development and Mobility/Strength/Flexibility

The Cardinal Strength and Speed program will use sequencing, reaction, speed and explosion (a 4 dimensional approach) to incorporate biomechanical and functional truths of how the body moves to better prepare your athlete for the demands of their game. Through these workouts that are used in programs all over the nation, at both the NCAA and professional level, we will strive to maintain the integrity of the human movement system. This scientifically proven and cutting edge training will give your athlete the best opportunity to reach his genetic potential while minimizing his chance for injury during the playing season.

Camp sessions will start on June 8<sup>th</sup> and will be held every week including 3 days the week of July 4<sup>th</sup> (We will work out July 1, we will not work out the 2<sup>nd</sup> or 3<sup>rd</sup>). Sessions will be held on Monday, Tuesday, Wednesday, and Thursday in the Cardinal Fieldhouse with one session available for participation. S&S Camp will conclude on July 16, 2015

**Explosive Session** will be offered once a day. Our first session will begin at 7:30am and go until 9:30am. Possible second will start at 4pm and go until 6 pm (depending on sign ups). Both of these sessions are for our high school athletes that have completed at least one year of HS athletics. Our Explosive Session will live up to its name by implementing lifts that are **designed to train muscle explosion ability**. Athletes will be monitored closely and participate in workouts that will allow them to enter their next season of play with a strong advantage over the competition.

**Framework Session** will start at 7:30am and go until 9:30am. We would like to reserve this session for our current middle school students or interested high school students (not currently in athletics) to work on the developmental building blocks of strength and agility. Flexibility based exercises and orthopedically sound lifts will allow your young athlete to **get big, strong, and fast in a healthy, safe, and monitored environment**.

Cost will be \$30 per student athlete. For families with more than one athlete, it will be \$10 for each additional athlete. Cash or check. (Please make checks payable to Sabine Athletics)

Athletes Name \_\_\_\_\_ Grade \_\_\_\_\_ Session(circle) Expl. 7:30, Expl. 4, or FrWrks

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Athletes Shirt Size: S M L XL XXL

In case of emergency, contact \_\_\_\_\_ Phone \_\_\_\_\_

Parents Cell Phone \_\_\_\_\_ EMAIL \_\_\_\_\_

Note: Make up sessions are not available for those who may miss days/weeks during the summer.

On the line provided below, please list any dates during the summer that your athlete might miss due to vacation/camps/and or other prior engagements.

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I, \_\_\_\_\_ am the parent/legal guardian of \_\_\_\_\_, who will be allowed to participate in the Cardinal Strength and Speed Camp 2015. I (we) understand and agree that SISD athletics and their respective employees, officers, and directors shall not be held liable by me in any way to my child's (my) participation in the camp. I (we) knowingly release and waive any and all claims of any nature whatsoever against SISD as a result of any injury or illness arising out of or related to my child's (my) participation in the camp. There are no refunds. By signing this agreement I am also allowing SHS athletics to release photos and/or videos of my athlete training for highlights and/or promotional campaigns.

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Date \_\_\_\_\_ Parent/Legal Guardian \_\_\_\_\_