



2013 JAGUAR SPEED CAMP

Speed – Power – Agility Quickness

!! ATTENTION ALL ATHLETES!!

Speed is one of the highest valued skills for athletes in every field. Speed often makes the difference between winning and losing. In camp, we will be focusing on both sprint speed and agility speed. We will be teaching proper running technique and doing various drills to improve speed and explosion. Stations include: dynamic warm-up, form run, agility, jumping/power station, sprint/resistance station, etc. Coaches include: current GV coaches from soccer and football and former GV athletes.

Jaguar Speed Camp is open to all male and female Garnet Valley Students entering Grade 6 through Grade 12.

Camp will be held at the Garnet Valley High Football Stadium on Tuesday and Thursday nights starting June 25th and ending August 1st. (No session on July 4th)

Camp starts promptly at 6:30 p.m. and ends at 7:45 p.m. Please report at 6:15 p.m. on June 25th.

Wear decent running sneakers – shorts and a shirt. Please bring a container of water or juice to drink between stations. A 20 ounce bottle of Gatorade will be served after the workout.

A certified athletic trainer will be on hand for every workout.

In the event of an emergency, the parent/guardian's personal or injury insurance will be utilized as the primary insurance for the treatment on injuries incurred during the sports camp. The camp will also be carrying insurance.

The cost is \$85.00 for the 6-week camp. Please, complete and mail registration by June 19th. ***IF YOU PLAY FOR A GV TEAM***: \$70.00 per athlete.

Don't miss the opportunity to gain a competitive edge!





Jaguar Speed Camp 2013 Registration Form

Name: _____ GV TEAM: _____

Street Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Age: _____ Grade (2013-14): _____ E-mail: _____

Parent/Guardian: _____ Phone: _____

Who to notify in the event of an emergency: _____

Emergency Contact Phone: _____

T-Shirt Size (please circle one): M L XL XXL

Participants Signature: _____ Date: _____

I hereby give my full consent and approval for my child to take part as a member of the Jaguar Speed Camp. I hold harmless the GVHS, its officers, and representatives for any injury suffered in the normal course of participation.

Parent/Guardian Signature: _____ Date: _____

Please make \$85.00 check payable to the Garnet Valley Fifth Quarter Club.
*\$70.00 if **GV ATHLETE***

Please drop off the registration with payment to GVHS c/o Paul Costa.

Or

Mail to Paul Costa
619 Belmont Avenue
Folsom, PA 19033

Any questions, please call Paul Costa @484-410-3611

Or pcosta85@yahoo.com

All info and changes will be available at: www.garnetvalleyschools.com/gvhs/gvws

