

Velocity Sports Performance



BE A BETTER ATHLETE.
OFFICIAL PROVIDER OF NIKE SPARQ TRAINING



SPEED & AGILITY CAMPS

Spring Break 2010

AT SPORTSPLEX



You can't become a better player by just playing more. You need to improve your overall athleticism. The Velocity Sports Performance Spring Break 2010 Speed & Agility Camp will focus on:

DEVELOPING EXPLOSIVE POWER
INCREASING YOUR SPEED
IMPROVING AGILITY ON THE FIELD AND COURT
REDUCING THE LIKELIHOOD OF INJURY

This camp features both speed & agility instruction and Velocity's unique and proven version of Nike SPARQ Training. Velocity Sports Performance can take you to the next level.

4 Day Camp Held Mon., Mar. 29th—Thurs., Apr. 1st

Cost is \$120.00

Ages 8-11 from 1:00pm—2:30pm

Ages 12-14 From 2:30pm—4:00pm

SIGN UP TODAY!

MINIMUM REQUIREMENT OF 6 STUDENTS PER CLASS

TRAINING HELD AT: VELOCITY—ST. CHARLES, LOCATED IN THE UPPER LEVEL OF SPORTSPLEX, 1400 FOUNDRY ST., ST. CHARLES. CALL 630-836-2203 TO REGISTER



Spring Break 2010 Speed & Agility Camp At Sportsplex

**4 Day Camp, Mon. Mar 22—Thur. Apr 1
Camp Cost Is \$120.00**

_____ **Check Here For Ages 8-11 @ 1:00pm—2:30pm**

_____ **Check Here For Ages 12-14 @ 2:30pm—4:00pm**

Registration Form

Fax To 630-836-2205 Or Call 630-836-2203 To Register By Phone

Players Name _____ Age _____

Sports Played _____

School _____ Grade _____

Parent's Name _____ E-Mail Address _____

Address _____ City _____ State _____ Zip _____

Phone _____ Emergency Phone _____

Alternate Contact _____ Alternate Contact Phone _____

Medical Information (Please list any medications, allergies, prescriptions)

Make Checks Payable To Velocity Sports Performance OR Provide Credit Card Information Below.

Credit Card Type: MC VISA DISC AMER EXP Credit Card # _____

Expiration Date _____ CW Code (three #'s on back) _____

Parent's Signature _____ Date _____

By signing this registration form you acknowledge that you will hold Velocity Sports Performance harmless from any and all claims, cause of action, damages, judgments, cost of expenses, including attorney fees, which may arise from participants use of our presence upon the Facilities, including without limitation the negligence if any of Velocity Sports Performance (including its successors, assigns subsidiaries franchisees, affiliates, officers, directors, employees and agents)



**Camp Held At Sportsplex, 1400 Foundry, St. Charles IL
Questions?? Phone 630-836-2203 Fax 630-836-2205
Visit Our Website www.velocitysp.com/naperville**