

**Velocity Sports Performance™**



**SUMMER PERFORMANCE SERIES**

## **Nike-SPARQ SOFTBALL CAMP**

**Dates: Monday-Thursday, June 23-26, 2008**

**Time: 1:00pm—4:00pm**

**Location: Community Park, Morris Plains, NJ**

**Cost: \$180**

### **Schedule**

- **3 Hours/Day**
- **½ Hour: Warm-Up**
- **1 Hour : Specific Sport Fundamentals**
- ***Hitting, Pitching, Fielding Technique and Instructional Drills***
- **1 Hour : Sports Performance Training**
- ***Speed, Strength, Power, Coordination, Flexibility and Balance***
- **½ Hour: Combined time of water-breaks (Gatorade provided)**

### **Registration**

**Call 973.560.0550 or email [parsippany@velocitysp.com](mailto:parsippany@velocitysp.com) and provide the following:**

- **Name of the athlete**
- **Age of the athlete**
- **City/Town of Residence**
- **Phone Number**
- **Email**

**Click below to register online.**

<http://clients.mindbodyonline.com/ws.asp?studioid=1936&stype=41>

**Click below to open Release Form.**

<http://www.velocitysp.com/multimedia/docs/parsippany/SummerPerformanceSeriesReleaseForm.pdf>

*Once opened, please print and complete this form and bring to our camp location on the first date of the camp OR fax the completed form to us prior to the camp date.*

### **What is Nike-SPARQ?**

- **Press Release go to: [http://www.nikebiz.com/media/pr/2008/03/10\\_Sparq.html](http://www.nikebiz.com/media/pr/2008/03/10_Sparq.html)**
- **Commercial 1 go to: <http://www.nike.com/index.jhtml#l=nikehome&re=US&co=US&la=EN>**

**Why Do *You* Train<sup>SM</sup>?**