

Camp Registration Form

To register your son or daughter, please mail the completed registration form and payment to:
 Velocity Sports Performance 1800 East Hwy 114, Suite 101 Southlake, TX 76092, or Fax the
 completed form to 817-416-1567. Make checks payable to: Velocity Sports Performance.
 Register online at velocitysp.com/southlake (Information located in the program tab).
 For more information please call 817-416-0606.

Baseball-Softball Performance Camp

Session (Circle One) 1 2
 Session 1: Weeks Attending 5 Weeks 10 Weeks

Athlete Name DOB School Grade

Address City Zip Email

Guardian's Name Guardian's Relationship to Athlete Contact Number

Alternate Emergency Contact Name Alternate Relationship to Athlete Contact Number

Medical Information (list any medications, allergies or medical conditions)

Payment Type Credit Card Type (if applicable) Credit Card Number (if applicable)

Name as if Appears on Card CW Number (3-4 digit code) Expiration Date

Athlete Signature Athlete Printed Name Date

Guardian Signature Guardian Printed Name Date

Amount Due: _____

Camp Release Form

For and in consideration of son/daughter _____, being accepted in the Velocity Sports Performance _____ Camp as legal guardian of my child, I state and promise as follows. My child is mentally and physically capable of participating in the Camp. I understand that any evaluation or assessment of my child's physical fitness and any recommendation of activities made by anyone at the Camp shall not be a substitute for obtaining such evaluation, assessment or recommendation from my child's physician before participating in any of the camp activities.

My child's participation is voluntary and I voluntarily permit my child to participate.

I understand that participation in the Camp is an inherently dangerous activity and that the risk of participation include, but are not limited to, falls, collisions, cuts, and broken bones. I hereby, for myself, my child, our heirs, administrators, executors, personal representatives and assigns, forever waive, release and discharge any and all rights and claims for damages and losses, whether monetary or otherwise compensatory, that I or my child may have against: (i) Velocity Sports Performance Franchise Systems and its directors; (ii) executive directors, owners, managers, officers, employees, members, representatives, and agents; (iii) all coaches, participants, organizers, supervisors, planners, and volunteers; and (iv) all city county and state governments for any and all injuries sustained by me or my child arising out of association with, entry in, or participation in the Camp and any Camp activities. I understand and agree that medical or other services rendered to my child by or at the insistence of any of the above parties is not an admission of liability to provide or continue to provide any such services and is not a waiver by any said parties of any hereunder. I also acknowledge that should my child require transport to a medical facility. I must pay for such transportation and any treatment period. I further agree now and forever to hold the above named and unnamed parties harmless and indemnify them for all claims, damages, judgments, and costs of whatever nature and form. Velocity Sports Performance recommends that your child be examined by his/her physician before participatin in the Camp. If my child has a history of heart disease, he/she will consult a physician prior to participatin in the Camp.

Athlete Name Parent/Guardian Name

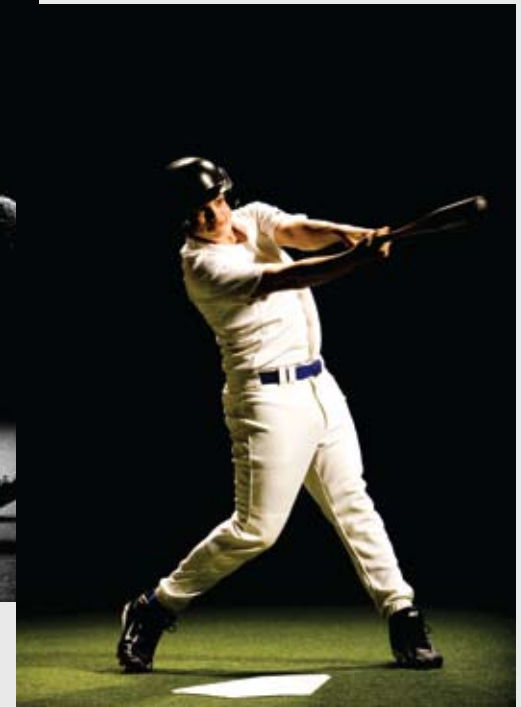
Parent/Guardian Signature Date

Velocity Sports Performance™



SUMMER PERFORMANCE SERIES

BASEBALL & SOFTBALL PERFORMANCE CAMP



**START THE SEASON FASTER,
STRONGER, AND MORE EXPLOSIVE**

817-416-0606

www.velocitysp.com/southlake

Baseball-Softball Performance Camp Schedule and Pricing

Camp Location: Velocity Sports Performance - Southlake, TX

Session 1:

**Dates: October 12th - December 17th
(10 Weeks)**

Days: Monday, Wednesday, & Thursday Nights

Time: 6:30pm - 8pm

Cost: 5 Weeks = \$199, 10 Weeks = \$349

Session 2:

**Dates: January 18th - February 25th
(6 Weeks)**

Days: Monday, Wednesday, & Thursday Nights

Time: 6:30pm - 8pm

Cost: \$239 for all 6 Weeks

BE A BETTER ATHLETE. 
OFFICIAL PROVIDER OF NIKE SPARQ TRAINING

Why Do You Train?

The Velocity Training Program

Located at Velocity Sports Performance - Southlake

The Goal

Help Athletes in every sport, at all ages and all skill levels, realize their athletic potential through a performance training program designed to maximize performance, while promoting sport participation as a means for building confidence, health, character and teamwork that will lead to life success.

The Training

Step 1 Flexibility

Every workout begins with an active dynamic warm-up that focuses on the improvement of range of motion in the hips thighs, and hamstrings to improve performance and decrease injury.

Step 2 Technique/Education

The Velocity training program is divided into 3 training components: Starts and Acceleration, Multi-direction, and Max Velocity. These 3 training components make up the core of athleticism, or SPEED, POWER, AND AGILITY.

Acceleration techniques concentrate on teaching athletes to use correct power angles to assure explosive and efficient first step movements.

Max Velocity techniques concentrate on teaching athletes how to maintain speed once maximum speed has been achieved.

Multi-direction techniques will help athletes become quicker, more agile, and explosive.

Step 3 Power

The Velocity program also focuses on the development of POWER. The athletes will be taught age appropriate exercises to help generate power through the hips, thighs, hamstrings and glutes.

What is Velocity Sports Performance?

We are a national chain of world-class training facilities that has become the name of choice among athletes of all ages seeking to maximize their athletic potential.

Our state-of-the-art 16,000 square feet training facility is located in Southlake, Texas. The facility contains an athletic turf field, sprint track, hard court basketball/volleyball surfaces and Olympic style weightlifting equipment - all from the best vendors in the business. You'll train just like a pro...

Our scientifically designed programs focus on speed, stamina, balance, agility, and flexibility, as well as muscle and joint strength, and injury prevention.

Our programs are conducted by college degree and certified coaches in small, semi-private groups, which ensures that each athlete will be able to get the instructions they need in order to improve.



If you would like more information about
TRAINING PROGRAMS AT OUR CENTER
Please Call

817-416-0606

