

**2011**

**Jr. Lancer Speed Camp**

**(June 14 – July 7)**

We believe this is the most important training you can receive if you want to be a better athlete. Coaches today not only want skilled players, they want strong, quick, and agile athletes.

Modern day athletes have revolutionized sports by enhancing their bodies, athletic skills, and overall game. Research of speed, quickness, and agility training has brought about a unique curriculum that blends the explosiveness and athleticism necessary to be successful in sports.

**Why You'll Love Speed Camp**

Everyone spends their off season in the gym/weight room working on their game. You can count on your competition improving their skills on the field. So, what can you do extra to get the edge? Weight training is just a piece of the puzzle. You need a speed explosion program that will enhance your game and lift you above the competition.

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**Speed Training Highlights**

- Improve overall athleticism
- Improve your quickness
- Improve your transition
- Eliminate wasted motion
- Increase your speed

**START DATE: JUNE 14<sup>TH</sup>**



**Incoming 5<sup>th</sup> – 8<sup>th</sup> Grade Athletes  
Tues. and Thurs. 10 am – 11 am**

**COST: \$50.00 per athlete**

**Location:** Brookfield Central High School  
Athletic Fields

**Campers Attire:** Shorts, T-Shirt, Cleats, and  
Tennis Shoes.

**Athletes are strongly encouraged to bring  
their own water or sport drink.**

**Please make checks payable to:**

**BC Football**

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Athlete's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Grade (2011-2012) \_\_\_\_\_

Phone # \_\_\_\_\_

My son has permission to attend Lancer Speed Camp. I certify that within the last two years he has had a physical examination and that he is physically able to participate in speed camp without restrictions. In the event of illness or injury, I give my consent for medical treatment and permission to the attending physician to hospitalize, secure proper treatment and order injections, anesthesia, or surgery. I will be responsible for any medical or other charges in connection with my son's attendance at speed camp. I understand that my son may incur risk of injury. I specifically release the speed camp staff from liability for any claim for damages which my son or I may have for injuries or illness that he may sustain at camp.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Camper Signature

# ***LANCER FOOTBALL***

**LANCER  
NATION**



**ONE  
PROGRAM**

**SHARED VALUES**

***PRESENTS***

***2011 Jr. Lancer***

***Speed Camp***

***June 14 – June 4***

**FAMILY**



**ALL IN**