



Christmas Break Speed and Agility Camp



This Camp Will Teach:

- Proper starting position & leg action
- Deceleration & reacceleration
- Body Control & Posture
- Quickness

Where: Velocity Sports Performance – Santa Clarita

When: December 28th through 30th

Cost: Monday \$39

Monday and Tuesday \$69

Monday, Tuesday, and Wednesday \$99

For who: Athletes 3rd through 12th Grade

Time: 10:00 am - 12:00 pm (noon)



**BE A
BETTER
ATHLETE.**

OFFICIAL PROVIDER OF
NIKE SPARQ TRAINING

At Velocity Sports Performance we train athletes to improve their speed and agility, develop explosive power and reduce their likelihood of injury. This camp features Velocity Sports Performance's unique and proven version of Nike SPARQ training. Camps are led by degreed and certified Performance Coaches.

Velocity Sports Performance



Christmas Break Speed & Agility Camp Registration Form

Please return back to Velocity Sports Performance – Santa Clarita

I give my child _____ permission to participate in the Velocity Sports Performance Speed and Agility Camp from December 28-30th, 2009. I understand that there is possibility for injury while participating in the clinic and agree to let the employees of Velocity Sports Performance act in their best judgment in case of sickness or injury. I hereby grant Velocity Sports Performance permission to use any photographs or videos of my child for promotional purposes. My signature below indicates that (1) I will not hold Velocity Sports Performance responsible if injury or sickness does occur, (2) my son/daughter is mentally & physically capable of participating in this camp, (3) his/her participation is voluntary and (4) I voluntarily permit his/her participation.

Player's Name: _____ School: _____
Age: _____ Grade: _____ DOB: _____
Club(s): _____ Sports Played: _____
Parent's Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____
Phone: _____ Emergency Phone: _____
Alternate Contact: _____ Alt. Contact Phone: _____
Email Address: _____
How did you hear about this Camp? _____
Parent's Signature: _____
Date: _____

Camp Cost: Please Select One

_____ One Day \$39 _____ Two Days \$69 _____ Three Days \$99
Please understand this camp is non-refundable. Thank you for your cooperation.

Total Amount: _____

(Make Checks payable to Velocity Sports Performance OR provide the following Credit Card information)

Payment Type: _____ Credit Card # (Visa or MC Only): _____

Expiration Date: _____ CCV Code (on back of card): _____

Signature: _____



Fax OR Mail to:
Velocity Sports Performance – Santa Clarita
25461 Rye Canyon Rd.
Valencia Ca. 91355
661.294.4000 / Fax: 661.294.4004
Website: <http://www.velocitysp.com/scv>
Email: jacie.redmond@velocitysp.com

