

2007 Speed, Agility & Quickness Youth Camp



FOCUS OF CAMP

- Proper Warm-up Routines**
- Balance & Posture Mechanics**
- Sprinting Mechanics**
- Explosive First Step**
- Change of Direction Drills**
- Jumping Technique**
- Acceleration Development**
- Agility Drills**
- Core Strength Training**
- Dynamic Flexibility**

*Participants will be separated into 2 age groups (7-10 yrs) & 11-13 yrs). Highly developed and motivated 10 yr olds may be grouped with the 11-13 yr olds.

CAMP OVERVIEW

This 1-week SAQ Camp is for athletes who want exposure to techniques that will improve their speed, agility, and quickness. The skills taught at the camp will increase your child's performance in any sport requiring speed, power, and agility. Over the course of the week the kids will have loads of fun using speed ladders, hurdles, and medicine balls. Each and every athlete will leave with an exciting new approach to bettering their athletic ability. Participants will be grouped with athletes in accordance with age and ability.

WHO SHOULD ATTEND

This camp is for **boys & girls ages 8-13** that are looking to improve speed, agility, quickness and overall athleticism. Improving in these areas will help to give athletes that attend a competitive edge on the field, improve conditioning and help to prevent injuries.

MORE INFO: info@athletesbydesign.com or **949-292-8373**.

CAMP DIRECTOR

Jim Romero, owner of Athletes By Design a sport performance training facility in Huntington Beach. Jim works with hundreds of athletes each year at the junior, high school and collegiate level. Jim holds certifications from the International Sports Science Association (ISSA) the National Exercise & Sports Trainers Association (NESTA) and is also a certified "Sports Performance Coach" by USA Weightlifting and a certified "Level 1 Coach" by USA Track & Field.



Flexibility



Agility Drills



Speed Development



Core Balance Training

CAMP LOCATION

Tesoro High School (1 Tesoro Creek Road)

CAMP DATES

August 6th-10th, 2007

CAMP TIMES

8:00am-10:00am

*Drop Off Starting at 7:30am!

**Cost: \$100 (before August 1st)
\$125 (after August 2nd)**

Space is Limited-Register Today!

Please Detach and Mail to: Athletes by Design, 4533 MacArthur Blvd, #570, Newport Beach, CA 92660

Name _____ DOB _____ Phone (_____) _____

Address _____ City _____ Zip _____

Parent Name _____ Email Address _____

Method of Payment: (Circle One) Cash Check Visa MasterCard *Make Checks Payable to Athletes by Design

Credit Card # _____ Expiration Date _____

In consideration for my registration into the Athletes By Design SAQ Youth Camp, I hereby indemnify and hold harmless the Capistrano Unified School District, Tesoro High School, Athletes By Design and any of its officers, agents, or employees from any liability from all claims or action for any injuries sustained, or losses resulting from any form of participation in any one of the SAQ Camps by the registered person or the person's family. I recognize that athletic training can expose my son/daughter to medical risks not associated with their current activity level and thus hereby state that my son/daughter is physically fit to participate in the Athletes By Design SAQ Youth Camp.

Signature of Parent/Guardian _____ Date _____