

South Metro Speed Camp

"Speed is the Foundation of all Sports"

We are offering two camps. One specific to track & field and the other to overall speed development.

Lakeville North High School Track

Session A: June 15-18, 2009 Track & Field Camp (week of USATF State meet)

Session B: July 6-9, 2009 Speed Development Camp

Students entering grades 2-5: 9:00 AM-11:30 AM

Students entering grades 6-9: 1:00 PM-3:30 PM

Registration deadline is June 1, 2009

Cost for each camp is \$75.00. All registered athletes will receive quality proven speed development technique and training, , camp t-shirt, state of the art video analysis. Ratio is one coach per 6-8 athletes.

The camps are geared for the power events in any sport athlete who wants to improve their speed. Grades 2-9. All athletes will spend time on speed specific drills and concepts with focus on acceleration, and maximum velocity. Athletes will learn many new drills that are used by elite athletes. You'll also have fun in a safe environment!

Visit us soon at www.southmetrospeedcamp.com (currently under construction)

Any Question - contact Todd Endersbe, Camp Director and Co-Head Track & Field coach - Lakeville North High School at tendersbe@southmetrospeedcamp.com or at 651-463-4366

South Metro Speed/Track & Field Camp Application

Please Print Clearly

Name _____ Grade Entering ____ Age ____ DOB ____/____/____

Address _____

City/State/Zip _____

Home Phone _____ Primary email contact: _____

Parent/Guardian Contact information:

Parent #1 Name: _____ W: _____ C: _____

Parent #2 Name: _____ W: _____ C: _____

In case of emergency and parents can not be contacted, call:

Name _____ Phone Number(s): _____

School (fall of 2009) _____

Camp: _____ June 15-18, 2009 (Track & Field Camp) _____ July 6-9, 2009 (Speed Development Camp)

_____ morning session _____ afternoon session _____ Male _____ Female

Adult t-shirt Size: _____ S _____ M _____ L _____ XL OR Youth t-shirt Size _____ S _____ M _____ L _____ XL

Medical Insurance

Lakeville School District does not provide individuals with medical insurance. Campers must provide their own Medical Insurance plan. Lakeville School District is not responsible for paying the deductible for medical or hospital costs of any camper.

Medical Insurance Information

Company Name _____ Policy Number _____

Name of Parent/Guardian (print) _____

I hereby authorize the camp staff of South Metro Speed Camp to act for my son/daughter in their best judgment in any emergency situation. I also authorize my son's/daughter's attendance in Speed Development Summer Camp. I certify that he/she is in good health and is able to participate in all camp activities. I understand that the camp staff, and Lakeville School District will not be held responsible for any injuries that occur on the way to, during or on the way home from LNHS.

Parent/Guardian Signature _____

I also authorize photos taken for the South Metro Speed Camp website. _____ (initials needed)

***Register early, deadline is June 1, 2009.**

Make checks payable to: LNHS Track Boosters

Mail to: 5322 189th St. W.

Farmington, MN 55024