

Summer Speed & Agility Camp

Location: West Branch High School / **Time:** 10 to 11am

Cost: June \$100 / July \$100 / Both \$175

Camp is open to ALL West Branch middle school and high school athletes

Dear athletes and parents,

We would like to welcome you to attend the 2011 summer speed and agility program put on by Strength & Conditioning Coach Phil Johnson and the Got Strength Team. The focus of the summer training will be on linear speed development, lateral quickness, and sport-specific agility skills. We encourage all middle school and high school athletes to attend!

JUNE 2011							JULY 2011						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5					1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	

ATHLETE NAME: _____ AGE: _____ GRADE: _____
SCHOOL: _____ EMAIL: _____

MAKE CHECKS TO: GOT STRENGTH GYM

RETURN FORM/PAYMENT TO: GOT STRENGTH GYM 3591 PERCH DR. IOWA CITY, IA 52240

OR MAIL TO: 1105 WEEBER CIRCLE, IOWA CITY, IA 52246

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases, from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

PARENT/GUARDIAN SIGNATURE _____ EMERGENCY PHONE: _____



For more information please visit www.gotstrength.com or contact West Branch Strength and Conditioning Coach Phil Johnson at 319-631-0049 or email gotstrength@gmail.com