

Summer 2010

All Sports Speed and Agility Camp

3rd grade -8th grade boys & girls

This is a great summer opportunity to improve your overall athletic ability using speed, agility, and core & jumping drills. Coach Bernie Pearson and his staff will lead the way in helping you become a better athlete.

Participants need to understand that commitment is a key toward individual success. Student athletes will sign up for their session on a weekly basis. Once signed up for specific weeks and time preferences, it is essential that participants attend each time to avoid conflicts. If an athlete skips a workout, a session will be subtracted from the total available.

Please allow a total of 60 minutes to complete a full workout, which will include warm-up, training, and stretching/injury prevention.

Time Commitment:

9 weeks available starting June 14 – August 13, 2010

Minimum of 4 sessions per week

Training Session Start Times: 10-11am, 11-12pm, 12-1pm

Days: Mon, Tue, Thurs & Fri only/evening session available if needed.

Cost: \$175 per participant, (camp t-shirt included)

Location : Kapaun Mt. Carmel H.S Wichita Ks

Send application and payment to: Bernie Pearson 2725 West 27st N. Wichita Ks 67204

Contact- Bernie Pearson if you have any questions - 316-871-7408

Camp Staff: Bernie Pearson – Brett Gunderson-certified speed & conditioning trainer

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Name _____

Grade _____

Address _____

Phone _____

Parent/Guardian Name _____

Emergency contact _____

Phone _____

Shirt Size: _____

Please sign the following:

_____ has my permission to participate in the above mention program. A compliance of all rules and regulations is a requirement for participation. Bernie Pearson, and any facilities used or staff are not responsible for any injury to participants.

Print Name