

Avalanche Elite Speed and Agility Camp

We are excited to announce the dates for our Utah Avalanche Speed and Agility Camp. This year we will be hosting an Elite Speed and Agility Camp to help prepare athletes (ages 14-18) for college or their upcoming season/competition. This camp will take place June 1, 2, 3 (Mon, Tues, Wed.) From 10-12pm at Storm Mountain Park. Sessions will include proper speed training, conditioning drills, agility drills, strength exercises, jump training, stretching routine, and some mental conditioning drills, plus nutrition information. Please join Ananda O'Neal and other staff coaches for three days of a high-energy speed and agility camp.

HIGHLIGHTS:

The speed and agility camp will also provide each athlete with a 6-week conditioning program packet that was designed to help prepare division 1 athletes for college preseason. In addition, they will receive a stretch band to help implement a pre-game stretching routine to increase speed and prevent injury.

Session and Fees **(ages 14-18)**

June 1st, 2nd, and 3rd

10:00 a.m. - 12:00 p.m.

Cost: \$75 (includes stretch band)

Location: Storm Mountain Park

REGISTRATION:

- Registration forms can be found on the club website, www.utahavalanche.com. Print the form and mail it in.
- Early Registration guarantees **stretch band**; Registration after May 25th no guarantee.



2009 Avalanche Elite Speed and Agility Camp

Player Information

_____	_____	_____	_____
Last Name	First Name	Birth date	
_____	_____	_____	_____
Address	City	State	Zip Code
_____	_____		
Phone number	Current Team		

Fathers Information

Mothers Information

_____	_____	_____	_____
Last Name	First	Last name	First
_____	_____	_____	_____
Cell Phone	Work phone	Cell phone	Work Phone
_____	_____	_____	_____
Email		Email	

Camper Medical Information

_____	_____	
Doctors name	Doctors phone	
_____	_____	
Emergency contact name	Relationship	Phone

I hereby give permission for my child to participate in the Utah Avalanche Speed and Agility Camp and agree to comply with all of its rules and regulations. I do hereby expressly and specifically assume all of the risks, which attend the game of soccer, and any other sports related activities, including but not limited to physical contact and physical injuries. I agree to indemnify and hold harmless the Utah Avalanche Girls Soccer Club Foundation, Inc. its officers, coaches, trainers, employees, agents, and related entities (hereafter referred to as the "Utah Avalanche") including but not limited to any adjoining facilities from any and all claims, suits, or proceedings arising allegedly or in reality out of acts or omission and participation of the undersigned in any related activity. I further agree to release and discharge, indemnify and hold harmless Utah Avalanche from any and all claims or suits arising out of the acts or omission or participation of Player in any soccer-related activity conducted by Utah Avalanche. As the parent or legal guardian of the above player, I hereby give consent to emergency medical care. This care may be given under whatever conditions are necessary to preserve the life, limb, pr well-being of this minor, named above. I understand \$25 of my fee is nonrefundable. I agree to all the terms of the Agreement described above as parent, responsible party and guardian of player shown above.

_____	_____
Parent Guardian Signature	Date

Enclosed is my check/cash of \$ _____ check # _____

* make check payable to Utah Avalanche Soccer Club

Send to Gabe Smart address: 1672 West 3180 N #F1

Lehi UT 84043