

Wildcat

Speed & Agility

Performance Camp

Speed and agility are athletic skills that can be trained and enhanced with the proper training methods. The emphasis of this camp centers on training for athleticism and is appropriate for all sports.

The goals of this six-week camp include the following:

- Improve straight ahead speed (SAS)
- Improve lateral speed and agility (LSA)
- Improve core and leg strength
- Improve general fitness level in preparation for the upcoming season
- Decrease the potential for knee and ankle injuries
- Develop confidence in athletic skills
- Work hard and have fun!!!

Date: June 30-August 13, 2009

Days: Tuesday and Thursday

Time: 6:00-7:30 PM

Place: Mount Si High School Stadium

Cost: \$100.00

Questions Call:

John Zanas, PT, CSCS, PES
(425) 396-7778
Peak Sports & Spine Physical Therapy

Participants Receive:

- 12 training sessions
- Camp T-Shirt
- Instruction from a Certified Strength and Conditioning Specialist (CSCS)

What to bring:

- Running Shoes/Turf Shoes
- **Water**
- Desire

"Your desire determines your destiny." - John C. Maxwell

Registration Form (HSB)

Return this form with payment no later than June 26, 2009.

Make checks payable to:

Peak Sports & Spine Physical Therapy

7726 Center Blvd. SE, Suite 220

Snoqualmie, WA 98065

OR

Pay by credit card by calling (425) 396-7778

Name: _____

Age: _____ Shirt Size: S M L XL

Parent/Guardian: _____

Home Phone: _____ Work Phone: _____

Insurance Carrier: _____

Policy Number: _____

Physician: _____

Clinic: _____

Parent Consent/Insurance/Liability Waiver:

I, the parent/guardian of the above registrant hereby acknowledge that certain risks are inherent to the training activities included as part of this camp. Camp staff is authorized to arrange for emergency attention as needed. Responsibility for treatment is to be covered by family insurance. I agree to hold harmless Peak Sports & Spine Physical Therapy, its officials, its employees and agent for any and all claims for personal injury and damage in which damage and injury is or appears to be proximately caused by registrant's participation in this recreation program. I know of no mental or physical conditions that would affect the registrant's ability to safely participate in this camp. If the registrant is injured, I authorize the camp staff to refer registrant to a therapy clinic for injury screening and treatment.

I have read and full understand the terms and conditions of this Parental Consent.

Parent/Guardian Signature

Date

John Zanas, PT, CSCS, PES

John has over 15 years experience in sports rehabilitation and sports performance training. He opened Peak Sports & Spine Physical Therapy in August 2003. He is a certified strength and conditioning specialist through the National Strength and Conditioning Association and the National Academy of Sports Medicine and is a certified performance trainer through the SPARQ network. He is a member of the International Youth Conditioning Association. He is a resident of Snoqualmie and is beginning his sixth season as the strength and conditioning coordinator for both the football and soccer programs at Mount Si High School. His camps are designed to train for athleticism and help reduce the potential for injury.

Sponsored

By:



John Zanas, PT, CSCS, PES

Alissa Gram, MPT, ATC

Chris Stott, PT, OCS

Rachel Dillon, DPT

**7726 Center Blvd. S.E.,
Suite 220
Snoqualmie, WA 98065
(425) 396-7778**

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Camp



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Mount Si High School Stadium

***"True commitment is doing
what needs to be done
even when nobody is
looking"***