



NORTHWOOD SPEED CAMP

SUMMER 2019

What:

- Build the foundation for future athletic success in any sport.
- Focus on proper linear running mechanics, acceleration, and deceleration techniques.
- Emphasis on change of direction and improvements in agility.
- Concentration on functional athletic movements for reduced injury risk.

Who: Any **FEMALE** or **MALE** student/athlete entering the **3rd through 8th grade**.

Where: NorthWood High School; Meeting point will be the track at Andrews Field.

When: **June 24 and 26 (8:00am – 10:00am)**

Instructors:

- Hillary Laidig-Head Volleyball Coach hlaidig@wanee.org
- Mark Mikel-Head Girls Track & Field markmikel1959@gmail.com
- Nate Andrews-Head Football; nandrews@wanee.org

Cost:

- \$25.00 per athlete
- Please make check payable to: Nate Andrews
- Please send to: NWHS 2101 N. Main St. Nappanee, IN 46550

Please detach and return with payment if paying through the mail.....

Name: _____ 2019-20 Grade _____ School _____

Parent Name: _____ Cell Number _____

Address: _____ Email Contact _____

We give permission for our child to participate in the NW Speed Training. We, as guardians, assume responsibility for our child's medical attention while at camp. We hereby waive, release, or discharge the speed camp staff from any liability for injuries and/or illness incurred while at the camp or arising out of travel to and/or from the camp.

Parent/Guardian Signature _____ Date _____