



# HARTFORD Strength & Speed Camps



# Attention Incoming Freshmen

All HUHS athletes will have an opportunity to improve their strength and agility during the summer Hartford Strength & Speed Camps. Athletes will be instructed and closely monitored by Head HUHS Athletic Trainer and Sports Medicine Coordinator, Jeff Dauss MS, L.A.T., as well as other high school athletic coaches. The following is a description of the camp experience.

### **INCOMING 9<sup>TH</sup> GRADE HUHS ATHLETES - COST: \$50.00**

The first part of the camp will give all incoming athletes the individual attention and instruction needed to learn core lifts and improve their strength using exercises and the equipment at Hartford Union High School. The second part of the camp will move to the high school track where the athletes will receive instruction on improving speed and agility. The camp will start Tuesday June 23<sup>rd</sup> and ends Thursday July 30<sup>th</sup>. Camp sessions are held on Tuesdays and Thursdays from 10:30 to 12:00.

**\*There will be no camp held Friday July 3<sup>rd</sup>**

To reserve your spot, fill out the registration form and return it to the John Redders @ HUHS by May 30.



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Name: \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

Address: \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work. Phone \_\_\_\_\_ Cell Phone: \_\_\_\_\_

### **INCOMING HUHS 9<sup>th</sup> grade ATHLETES - \$50 – Maximum of 50 athletes**

**\*Please make checks payable to: Hartford - Strength & Speed**

I enter my son/daughter in the HUHS weight training class and accept full responsibility for liability and cost of treatment for injury to the above registered person. I release the coaches and Hartford Union High School from all liability and agree to hold them harmless for any injuries and/or damages my son/daughter may sustain.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_