



Strength of America Presents 2016 Speed Agility and Core Classes

480-219-0868

As of 1/25/16

Camps run by;

Class times subject to change

Bob Davis

Red Mtn Strength and Speed Coach

Strength of America Founder since 1989

Strength and Speed Coach for University of Nebraska from 1985-89

strengthofamerica.us

6 Week SOA Speed, Agility and Core Classes (6 weeks price of 5)

September 26th - November 3rd 2016

November 7th -December 15th, 2016

Mon/Wed 4:30-5:30pm Sunshine Acres, 3405 N Higley Rd, Mesa 85215. Boys and Girls ages 10-17

or

Tue/Thur 4:30-5:30pm Sunshine Acres, 3405 N Higley Rd, Mesa 85215. Boys and Girls ages 10-17

“In 27 seasons as a youth sports coach, I have come across no other program that benefits the young athlete more than Strength of America”

Coach Mike Thompson

Your Athlete Needs these Camps! “I Guarantee they will improve”

Bob Davis, Founder Strength of America

Each athlete will receive a pre and post testing sheet at end of summer to show progress. Daily work on proper nutrition and hydration for an athlete.

Speed Camps designed to;

➔ Increase Foot Speed, most kids run flat footed

➔ Increase Agility and Power

➔ Learn to eat and hydrate like an athlete to give them sustained energy and help them recover

➔ Help reduce the risk of injury!

6 week SOA Speed, Agility and Core Classes

_____ Mon/Wed 2016 Sunshine Acres 4:30-5:30pm Boys and Girls ages 10-17

_____ \$100 for one athlete _____ \$175 for 2 or more same family

_____ Tue/Thur - 2016 Sunshine Acres 4:30-5:30pm Boys and Girls ages 10-17

_____ \$100 for one athlete _____ \$175 for 2 or more same family

Registration form must be signed and filled out to participate.

Questions email strengthofamerica@mac.com

Child's Name _____ Age _____ Sport _____

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Email _____ Emergency Contact # _____

I acknowledge that there is a risk of injury associated with vigorous exercise, athletic training activities. I declare that I, my family member either have permission and approval if a physician to participate in the athletic activities, or if there is no such permission then I, my family members do hereby assume the risk of injury and death that may result from such activities. I, my family members do hereby waive, release and forever discharge City of Mesa, Sunshine Acres, Strength of America, its officers, directors, owners, agents, employees and insurance carriers from all liability for any and all injuries that may occur during the athletic activity. I also give permission to Strength of America to use any video or still pictures taken of my son/daughter for future promotions.

Parent Printed Name _____

Parent/Guardian Signature _____ Date _____