

Strength of America 2018 Flagstaff 3 Day Speed Camp
July 20th-22nd 2018; July 20th 5:30-7:30pm, July 21st 9-11am, July 22nd 9-11am



Camp run by;

Bob Davis
Strength of America Founder since 1989
Strength and Speed Coach for University of Nebraska from 1985-89
Location: The Duck Pond - Thorpe Park - 320 N Aztec St, Flagstaff Az.

This Clinic is specifically for our young athletes, boys and girls ages 8-17

“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 be tested on Speed, Agility and Power and given results when they leave camp.

Strength and Speed program designed to;

- ➔ Increase Foot Speed, most kids run flat footed
 - ➔ Increase Agility and Power
 - ➔ Build a Balance of Strength and Flexibility so they handle the stress of sport
 - ➔ Learn to eat and hydrate like an athlete to give them sustained energy and help them recover
 - ➔ Help reduce the risk of injury!
-

Registration form must be signed and filled out to participate for the SOA 2018 Flagstaff 3 Day Speed Camp.
Questions email theSOApodcast@gmail.com

Athletes Name _____ Age _____ Sport _____

Parents 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 Flagstaff, Rangers Football, 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/Guardian Signature _____ Date _____