



Strength of America and Lincoln Prep 2018 Strength and Conditioning Training

480-219-0868

As of 8/31/18

Camps run by;

Bob Davis

Strength of America Founder since 1989

Lincoln Prep Strength and Speed Coach

Red Mtn High Strength and Speed Coach 2012-15

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



strengthofamerica.us/LPSpeed

Strength Training programs for Lincoln Prep Student Athletes 7th grade up Weight Room Tuesdays 3:30 Wednesdays 1:00 Thursdays 3:30

“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.

Strength and Conditioning 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 LP Strength and Speed program.

Questions email LincolnPrepSpeed@gmail.com

Athletes Name _____ Age ____ Sport _____

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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 Chandler, Lincoln Prep, 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.

Parents printed Name _____

Parent/Guardian Signature _____ Date _____