



**Strength of America and Lincoln Prep Present  
2020 Football Summer Strength and Speed Camp**

480-219-0868

As of 5/28/20

**Camps run by;**

Class times subject to change  
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



**2020 Speed and Agility Camps run by Bob Davis**

Check website for camp locations and dates.

“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

**Summer Strength and Speed Camp** (Must commit to at least 5 weeks of camp to be prepared for the football season)

**June 15th - July 28th 2020 (Monday through Thursdays)**

**Incoming high School LP Football Players 3:30-5:00pm**

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!

-----  
**Registration form must be signed and filled out to participate.**

**Questions email [strengthofamerica@gmail.com](mailto:strengthofamerica@gmail.com)**

**Circle Size**

Child's Name \_\_\_\_\_ Age \_\_\_ Sport \_\_\_\_\_ Shirt Size YL/AS/AM/AL/AXL

Child's Name \_\_\_\_\_ Age \_\_\_ Sport \_\_\_\_\_ Shirt Size YL/AS/AM/AL/AXL

Child's Name \_\_\_\_\_ Age \_\_\_ Sport \_\_\_\_\_ Shirt Size YL/AS/AM/AL/AXL

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.

Parent/Guardian Printed name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_