



Speed and Agility Camp

**Get AHEAD of the game!!! Sign Up today –
Only 30 spots available per session!!!**

- **Session 1: BOYS - Rising 3rd – 6th grades- June - 6th –9th**
- **Session 2: GIRLS - Rising 3rd – 6th grades - June - 27th – 30th**

(Both Sessions will be from 9:00 a.m. – 11:00a.m.)

Activities that will be covered:

- Functional multi-directional speed development
- Agility (change of direction)
- Running form and techniques
- Foot speed and stride frequency
- Proprioception (balance/spatial awareness)
- Flexibility
- Gross motor skills (coordination movements)
 - General – Age appropriate Strength – following the guideline of the NSCA (National Strength and Conditioning Association)
- Functional Core Strength (Abdominal and lower back)
- Acceleration

This is a great opportunity for your child to learn the fundamentals of proper movement for sport enhancement. **Athletic shoes and attire must be worn.** The cost is \$125.00. Please return application ATTN: to Harold Hilliard. Contact him for more information at 334-213-2133.

****What to bring:
A Great attitude, Sunscreen and WATER****

Camp Director: Harold Hilliard, M.A, C.S.C.S.*D
(Certified Strength and Conditioning Specialist w/ Distinction).
Director of Athletics and Strength and Conditioning Coordinator–Trinity Presbyterian School
Contact info: (334) 213-2133 hilliard@trinitywildcats.com



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Name: _____

Rising Grade: _____

Birthdate _____
Mo/day/year

Address: _____

Cell Phone: _____

Home Phone: _____

Email Address: _____

Mother's Name: _____ email: _____ Cell Phone: _____

Father's Name: _____ email: _____ Cell Phone: _____

List any allergies or medications _____

In case of emergency contact: _____ Phone: _____

_____ Phone: _____

Checks payable to Harold Hilliard - \$ 125.00
Return payment to: Trinity Presbyterian School

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Speed and Agility Camp

Waiver / Release

I fully understand and acknowledge that **Trinity Speed & Agility Camp** activities have inherent risks, dangers, and hazards, and my child's participation in such activities may result in injury or illness. These risks and dangers may be caused by the unintended negligence of the coach and his assistants or by other participants. I hereby assume all risks and dangers and all responsibility for any losses and/or damages. I voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify Trinity Presbyterian School (TPS), the **Trinity Speed & Agility Camp**, **Harold Hilliard** from any and all claims, actions or losses for bodily injury, property damage, or otherwise which may arise from my child's participation. I hereby warrant that my child is in good physical condition and is capable of participation in this program. I allow the release of any pictures of my child taken during this activity to be used to promote the program in hard copy print or social media.

I have read the above waiver and release and by signing this form agree it is my intention to relieve Trinity Presbyterian School (TPS), the **Trinity Speed & Agility Camp**, **Harold Hilliard** from any and all liability. In addition, by signing this form, participants who are not enrolled in Trinity Presbyterian School are waiving the school's student accident insurance coverage and are stating that they have their own medical and dental insurance and understand it is their own responsibility to provide for such.

Parent(s) Signature: _____

Date: _____