

## ***Reps & Sets—Team Salina and Rebound Sports Performance Topeka Sponsoring:***

# ***FAST Camp*** ***Be as fast as you can be!***

**Athleticism: The ability to execute athletic movement at optimum speed with precision, style, and grace.**

Learn to Clean and Snatch and both Power Lifts, Learn Back squat and Front Squat technique From Dennis Espinosa Certified Strength trainer and USA weight Lifting Coach For REPS and SETS Team Salina.

**Where:**

Reps & Sets  
703 Bishop  
Salina, KS 67401

**Date:**

Saturday  
April 24th, 2010

**Time:**

9:00 AM to 2:00 PM

**Cost:**

Early Bird Entry by April 1st  
\$25.00

Entry After April 1st  
\$40.00

**Sponsor:**

Reps & Sets Team Salina  
Salina, KS 67401  
785-820-8124  
Rebound Sports  
Performance Topeka

**Instructors:**

Dennis Espinosa  
Reps & Sets—Salina, KS  
Joe Robinson  
Topeka, KS

This unique camp for both males and females offers a teaching experience that equips any athlete with the fundamental tools required to move with greater speed, efficiency, and safety! Our highly experienced and qualified staff provides the essential foundation for building speed into any athlete's training program.

**Camp participants receive training in specific drills and exercises for maximum improvement of:**

- **First-Step Quickness & Acceleration**
- **Speed**
- **Lateral Speed & Agility**
- **Footwork**
- **Flexibility**

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**Call Dennis Espinosa 785-342-0073 or 785-827-8959 if you have questions!**

[repsandsetsteamsalina@gmail.com](mailto:repsandsetsteamsalina@gmail.com)  
[www.repsandsetsteamsalina.com](http://www.repsandsetsteamsalina.com)

**Registration Form On Back!**

Mail entry to: Dennis Espinosa, C/O Reps & Sets, 703 Bishop St., Salina, KS 67401-2042

Name: \_\_\_\_\_  
(Please Print)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ - \_\_\_\_\_

Phone: \_\_\_\_\_ / \_\_\_\_\_ - \_\_\_\_\_

Circle One: Male Female E-Mail: \_\_\_\_\_@\_\_\_\_\_

AGE : \_\_\_\_\_ Entry Fee: \$25 if you enter before April 1st. After April 1st the fee is \$40

In consideration of your accepting this entry, I hereby for myself, executors and administrators waive and release any and all rights and claims for damages I may have against the patrons of this event., Reps and Sets Team Salina, for any and all injuries that may be suffered by me in connection with my participation in this event..

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Parent Signature (if lifter is under 18)

\_\_\_\_\_  
Date

**Registration Deadline is: Friday, April 23th, 2010**

You can deliver your registration to 703 Bishop St., Salina, KS 67401 week-days between 2:00 PM and 6:00 PM

