

Speed and Strength Camp

Athleticism:

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

This unique camp 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 and strength into any athlete's training program.

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

- **First-Step Quickness & Acceleration**
- **Speed**
- **Footwork**
- **Explosive Strength**
- **Flexibility**

Instructors:

Dennis Espinoza
Sets & Reps Team Salina
703 Bishop
Salina, KS 66604

Email:
repsandsetteamsalina@gmail.com
www.repsandsetteamsalina.com

Joe Robinson
Rebound Sports Performance
5220 SW 17th St.
Topeka, KS. 66604
785.272.8025

Email:
joe@reboundssportsperformance.com
www.reboundssportsperformance.com

Where: Reps & Sets

703 Bishop, Salina, KS 67401

Date: Saturday April 24th, 2010

Time: 9:00 AM – 2:00 PM

Cost: \$25/athlete by April 1st
\$40/athlete after April 1st

*Registration Deadline is Friday, April 23rd, 2010

**Call Dennis Espinoza @ 785.342.0073 or
785.827.8959 with questions!**

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 and Rebound Sports Performance of Topeka, 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

