



## **HS Summer Speed Camp!**

NorthWest Training Academy is happy to offer another option to get in shape this summer. NWTA is offering a Speed, and Agility Camp. This training will help athletes at any level and in any sport, learn how to run faster and think faster. Come and train with one of the Islands' SAQ trainers and have some fun learning the skills that will help you get a step up on the rest. Athletes will develop that explosive First Step, stop playing one step behind the players around you.

### **Explosive players determine games...**

**High School Speed & Conditioning Camp**

**August 10th - 21st**

**Cost \$65 per player**

**Participants that have their registration postmarked by July 24th will receive a free t-shirt.**

**Open to Grades 8th - 12<sup>th</sup>**

**Every Monday, Wednesday, & Friday Mornings**

**Mondays & Wednesdays from 7-8pm**

**Friday Mornings 9:30 - 10:30am**

**Place: Ft. Nugent Park**

---

**Only send in bottom portion with payment**

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Phone # \_\_\_\_\_

Age \_\_\_\_\_ Email \_\_\_\_\_

\*\*All correspondence will be done by e-mail, please make sure it is clear.

No trainers, directors, or anyone connected with the training will assume any responsibility for accidents, medical or dental, or any other expense incurred as a result of attendance at this training session. By letting your child attend this camp you certify that he/she is physically fit to participate and is covered by health insurance.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

**Questions: Contact Mike Thornton**

**E-mail: [mike@northwesttrainingacademy.com](mailto:mike@northwesttrainingacademy.com)**

**Address: NWTA, P.O. Box 2716, Oak Harbor 98277**