

CHAMPIONS

ADVANCED PERFORMANCE TRAINING/CONDITIONING

Here is your chance to get personal instruction in advanced athletic performance training from the highly qualified **Davis Football Strength and Conditioning** staff. Sessions will focus on:

▪ Stretching	▪ Agility
▪ Weightlifting	▪ Quickness
▪ Plyometrics	▪ Core strength
▪ Speed	▪ Conditioning

The program develops your strength, speed-agility-quickness (SAQ) and overall conditioning. The goal is to have linear, lateral, and vertical movement to be automatic, explosive, and precise. SAQ drills are performed with foot ladders, mini-hurdles, balance boards, medicine balls and other equipment.

The program is designed for athletes **entering** the 7th through 12th grades in fall of 2009, with beginner, intermediate and advanced athletes welcomed. Campers will be trained based on current abilities and experience level.

LOCATION

- All sessions will start outside the Davis High School Weight Room

SESSIONS

- Session I: June 29th – July 2nd
- Session II: July 6th – July 9th
- Session III: July 13th – July 16th
- Session IV: July 20th – July 23rd
- Session V: July 27th – July 30th

**All Training
Supervised by the
DHS Football S&C
Staff!**

GROUP TIMES (entering grade in fall)

- | | | |
|--------------|--|-----------------|
| ▪ Group I: | 7 th – 12 th Grade Girls | 3:00pm – 4:30pm |
| ▪ Group II: | 7 th – 8 th Grade Boys | 4:15pm – 5:45pm |
| ▪ Group III: | 9 th and 10 th Grade Boys | 5:30pm – 7:00pm |
| ▪ Group IV: | 11 th and 12 th Grade Boys | 6:15pm – 8:45pm |

COST: \$25 per session. Buy all 5 sessions for \$100 and receive camp shirt. **Register by May 31st!**

REGISTRATION:

Please complete the information on the back of the flyer and mail your registration to the address indicated. A limited number of athletes will be admitted, so availability will be on a first come-first served basis. For more information, please contact DHS football at dhs.football@sbcglobal.net.



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REGISTRATION

All checks payable to: DAVIS BLUE DEVIL FOOTBALL

Mail form & payment to: Davis High School Football
315 West 14th Street, Davis, CA 95616
Attention: Head Football Coach

Complete and mail form below with payment by May 31, 2009.

SESSIONS ATTENDING: I: _____ II: _____ III: _____ IV: _____ V: _____ All 5 Sessions: _____

METHOD OF PAYMENT: Cash: _____ Check (#): _____ Total Payment: \$ _____

PLAYER INFORMATION

First/Last Name: _____ Age on July 1, 2009: _____

Home Address: _____ Grade in '09/'10: _____

Parent Phone (H): _____ School in '09/'10: _____

Parent Phone (W): _____ Adult Shirt Size: S M L XL XXL

CONSENT AND RELEASE AUTHORIZATION:

As Parent or Guardian of the child whose name appears above, I hereby authorize my child to participate in the program listed above. I assume all risks and hazards incidental to the conduct of the activities & transportation to & from the activities. I further hereby release, absolve, indemnify, and agree to hold harmless Davis High School, DJUSD, Staff, the organizers, sponsors, and coach staff, as well as the facility and administration, from any claim, demand, or action arising out of, or in any way related to the participation of the child in the above mentioned activity, including, but not limited to an injury to the above mentioned child. In the event of an injury, I authorize and agree that the staff may act as best fits the situation in case of emergency and obtain any medical care or treatment deemed necessary, if efforts to contact other emergency personnel or myself fails.

I HAVE CAREFULLY READ AND UNDERSTAND THIS RELEASE OF LIABILITY AND I SIGN IT VOLUNTARILY.

Parent/Guardian Signature: _____ Date Signed: _____

MEDICAL INFORMATION REQUIRED

Emergency name and phone number to be used in the event of an injury that requires emergency treatment when a parent or guardian cannot be reached.

Emergency Contact First/Last Name: _____ Phone: _____

Family Physician: _____ Phone: _____

Allergies: _____ Last Tetanus Shot Date: _____

Med/Accident Insurance: _____

Insurance Policy #: _____ Insurance Group#: _____

For more information, please email
dhs.football@sbcglobal.net