



SPEED AND AGILITY CAMP
HELD AT
LAFAYETTE HIGH SCHOOL

SPECIFICALLY DESIGNED FOR THE FEMALE ATHLETE

Speed Boosters provides training programs devoted to enhancing athletic performance. The programs are designed and developed to meet the needs of middle, high school, college, and professional athletes. We combine cutting edge training methods, state of the art equipment, and knowledge and expertise from certified strength and conditioning coaches who bring a wealth of theoretical and practical strategies in the sports performance arena. At Speed Boosters, we are committed to helping athletes "MAXIMIZE PERFORMANCE."

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| <ul style="list-style-type: none"> Female athletes in <u>softball</u>, <u>field hockey</u>, <u>lacrosse</u>, and <u>soccer</u> will benefit greatly from this 3 day per week, 3 week summer camp. Emphasis on enhancing speed, power, agility, quickness, flexibility, while aiding in injury prevention. Camp includes <u>SPARQ</u> testing. <u>SPARQ</u> is a national athleticism measurement system used by college coaches and pro scouts to comparatively evaluate athletes. It is the ACT of athleticism. The <u>ELITE</u> camp is for the serious college bound athlete. Includes: 2 SPARQ tests (one at the first workout to identify areas to improve and one at the last workout to see the results), stability ball core work, dyna discs training, and more individual attention making for a more intense workout. Better athletes make better players!!!! | <ul style="list-style-type: none"> After testing, each participant receives a <u>SPARQ</u> Rating and personal webpage where pictures and video can be uploaded for friends, family, and college coaches to view. Ratings can be compared with athletes from all across the country. Perfect pre-season preparation to maximize each athlete's full potential on the field. Testing is a great motivator to work hard and track improvement throughout the year and/or from one year to the next. <u>SPACE IS LIMITED SO CALL NOW TO RESERVE YOUR SPOT!!!! (314)540-6248</u> More information about <u>Speed Boosters</u> can be found at www.speedboosters.net More information about <u>SPARQ</u> can be found at www.sparqtraining.com |
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Name _____ Grade _____ Graduation Year _____

High School attending or will be attending (All Camps Open To Anyone) _____

Address _____ City _____ Zip _____

E-Mail _____ Phone # _____

Emergency Phone # _____

Parent / Guardian Name _____

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|--------------------------|--|-------------|-----------------|---------------|-------|---|--------|-------|---------------|------------------------------|
| <input type="checkbox"/> | ELITE Camp | Grades 6-12 | Limit 15 | 8-9am | \$215 | July 20, 22, 24, 27, 29, 31, August 3, 5, 7 | | | | |
| <input type="checkbox"/> | Basic Camp | Grades 6-8 | Limit 30 | 9:15-10:15am | \$135 | July 20, 22, 24, 27, 29, 31, August 3, 5, 7 | | | | |
| <input type="checkbox"/> | Basic Camp | Grades 9-12 | Limit 30 | 10:30-11:30am | \$135 | July 20, 22, 24, 27, 29, 31, August 3, 5, 7 | | | | |
| <input type="checkbox"/> | Official Camp Shirt \$20 (100% polyester moisture management performance fabric) Orders due July 13 | | | | | | | | | |
| | (Circle Color) | Gold | Lt Blue | Black | Pink | Silver | Purple | Green | (Circle Size) | Adult XS S M L XL XXL |

Make checks payable to: Lafayette Softball Booster Club **denoyerscott@rockwood.k12.mo.us**
Mail to: Scott DeNoyer, 10 Glenna Drive, Saint Peters, MO 63376 **(314) 540-6248**