



*Washington Sports*

209 South Hollywood Road  
Houma, LA 70360  
(985) 870-1620

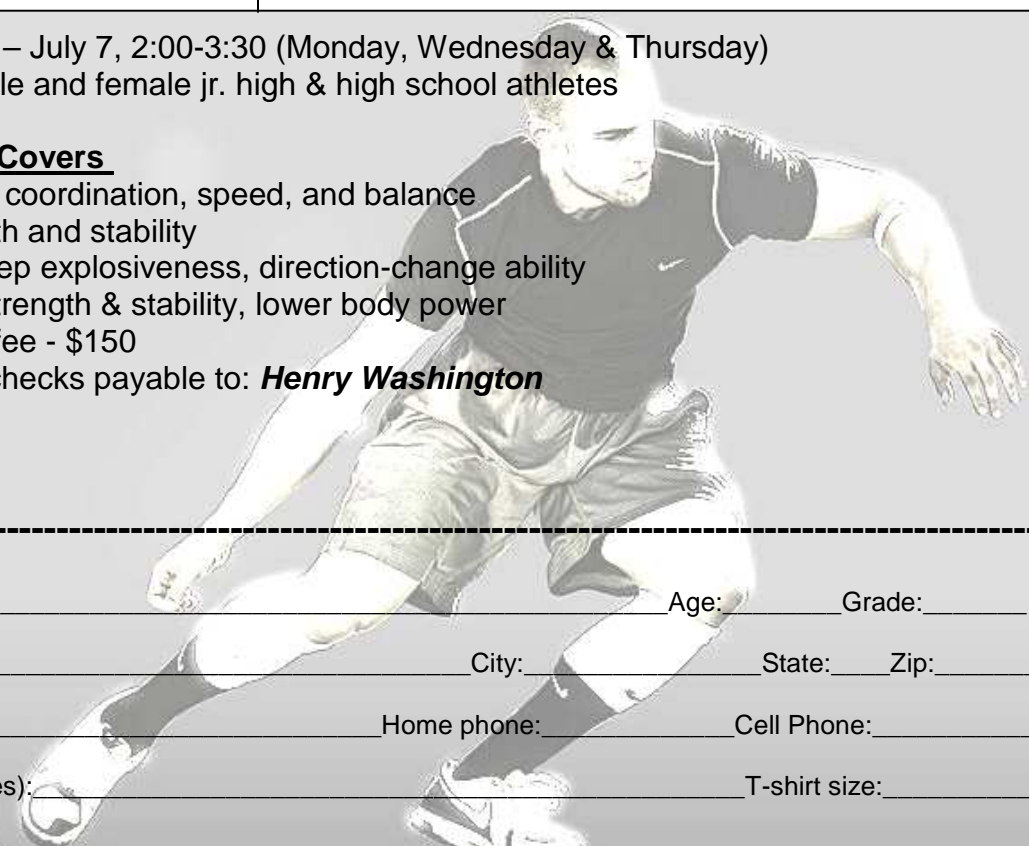
# 5-Week Program

## VCH Speed & Agility Camp

- June 6 – July 7, 2:00-3:30 (Monday, Wednesday & Thursday)
- For male and female jr. high & high school athletes

### Camp Covers

- Lateral coordination, speed, and balance
- Strength and stability
- First-step explosiveness, direction-change ability
- Core strength & stability, lower body power
- Camp fee - \$150
- Make checks payable to: **Henry Washington**



✂ -----

Athlete's name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent's name: \_\_\_\_\_ Home phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail address(es): \_\_\_\_\_ T-shirt size: \_\_\_\_\_

### WAIVER OF LIABILITY – PARTICIPANT

This is to confirm that \_\_\_\_\_ (*child's name*) desires to participate in Vandebilt Catholic High School's "Speed & Agility Camp" activities, which involve physical activity. This is to confirm that the participant agrees that any and all medical treatment or any other expense resulting from this athletic program is the complete responsibility of the participant, and the participant agrees not to make any claim from Vandebilt Catholic High School's "Speed & Agility Camp" for payment of medical expenses or of any other expense arising from the activity.

\_\_\_\_\_  
parent/guardian signature

\_\_\_\_\_  
date

**Camp will be held at Vandebilt Catholic High School in the upstairs gym.**