



Our Football Speed Camp is one of the top speed programs in the country! Each workout incorporates a variety of drills designed to improve **First Step Explosion** to “get of the ball” Quickly, **Agility** to Stop and Change Direction Quickly, **Linear Acceleration** for Break Away Speed and **Football Specific Conditioning Level** to dominate the 4<sup>th</sup> Quarter! Our staff of professional strength & conditioning coaches will design and implement a training program that utilizes the safest, most comprehensive methods available. This camp is ideal for any high school or college football player who is looking to prepare for their up coming season and get that “Edge” over their competition.

## 2009 SUMMER FOOTBALL SPEED CAMP REGISTRATION

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Email: \_\_\_\_\_  
 School: \_\_\_\_\_ Home #: \_\_\_\_\_  
 Address: \_\_\_\_\_ Emergency #: \_\_\_\_\_  
 \_\_\_\_\_

**WHAT:** 10 weeks of “Football Specific” Speed, **Agility** and Metabolic **Conditioning** implemented by Professional Strength & Conditioning Coaches!

**WHERE:** Quince Orchard HS lower Practice Fields.  
 15800 Quince Orchard Rd. North Potomac, MD 20878

**WHEN:** Wednesdays (7:30 - 8:30 pm) and Saturdays (2:00-3:00pm). Starting May 30<sup>th</sup> - August 12<sup>th</sup> (21 Sessions)

**COST:** \$420 for Full Program (\$20 per Session)  
**\$315 for Group Rate (5+ Teammates)**  
**\$25 Drop in Fee**

*Please have participants bring running shoes and cleats as well as their own water.*

**\*Note Workouts will be canceled in the event of heavy rain or thunderstorms.**

**E.A.T.S is an official training company for Nike/SPARQ Combines!**

**Please bring registration information, PAR-Q, and payment to your first workout.**

**Online Registration is available at [www.EliteAthleteTraining.com](http://www.EliteAthleteTraining.com)**

**Please make all checks payable to E.A.T.S.**



**SUPERIOR TRAINING . . . DOMINATING PERFORMANCE!**

**240-498-9647 [www.EliteAthleteTraining.com](http://www.EliteAthleteTraining.com)**

