



Our summer "Speed Camp" is one of the top **SAQ Programs**- (Speed **A**gility and **Q**uickness) in the DC Metropolitan Area! Each workout incorporates a variety of drills designed to improve **First Step Explosion** to "get of the line" Quickly, **A**gility to Stop and Change Direction Quickly, **L**inear **A**cceleration for Break Away Speed and **M**etabolic **C**onditioning **L**evel 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 athlete who is looking to prepare for their up coming season and get that "Edge" over their competition!

## **2009 SUMMER SPEED, AGILITY & CONDITIONING CAMP**

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

**WHAT:** 10 weeks of Speed, **A**gility and Metabolic **C**onditioning implemented by Professional Strength & Conditioning Coaches!

**WHERE:** Wootton HS Practice Fields or Track.  
 2100 Wootton Parkway, Rockville, MD, 20850

**WHEN:** Wednesdays (6:00-7:00 pm) and Saturdays (2:00-3:00pm). Starting June 3<sup>rd</sup> – August 12<sup>th</sup> (20 Sessions)

**COST:** \$400 for Full Program (\$20 per Session)  
**\$300 for Group Rate (5+ Teammates)**  
 \$25 Drop in Fee

*Please have participants bring running shoes, cleats  
 And their own hydration.*

**\*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)**

