

# Guerin Catholic Speed Development Camp

Location: Guerin Catholic High School's Track and Field Complex

Designed for all athletes in all sports to improve speed through plyometrics, speed parachutes, bungees, and drills designed to increase speed.

A Guerin Catholic High School track athlete will be spotlighted each day of the camp in their event.

The week is concluded with a track meet on Friday.

Camp runs June 14<sup>th</sup> - June 18<sup>th</sup>      12:30 - 2:00 P.M

Open to all K - 8<sup>th</sup> grade children

Cost: \$55 , which includes a camp t-shirt

Checks payable to Guerin Catholic High School with Speed Camp in the memo line

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## Guerin Catholic Speed Development Camp

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

School: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Emergency numbers: \_\_\_\_\_

Email: \_\_\_\_\_

**SHIRT SIZE:** **circle one** - Youth   M   L   Adult   S   M   L   XL

Questions: Tom Gallagher [tgallagher@guerincatholic.org](mailto:tgallagher@guerincatholic.org) or 582-0120 x286