

2023 TIGER SPEED CAMP

June • M-W-F

Camp 1: 5-7-9

Camp 2: 12-14-16

WHAT:

This is a speed for sport camp, NOT a track & field camp. Our main goal is to train the body to run as efficiently as possible by increasing coordination of body movement. Linear and lateral movements are incorporated which are skills needed for ALL sports.

- Timed 40 YD Dash (daily & individually – posted at www.ehstrack.com).
- T-shirts distributed on Friday of each camp (one t-shirt per camper).
- Track spikes may be worn, but not needed (1/4" max length).
- Campers should bring water and sunscreen.
- Camps instructed by Chad Lakatos, Edwardsville Boys' Head Track & Field Coach.

WHERE:

- Winston Brown Track & Field Complex at Edwardsville High School

WHEN:

- Camp 1: June 5-7-9
- Camp 2: June 12-14-16
- Time: 10:00AM – 11:00AM

WHO:

- For boys & girls ages 6-18 (all age/gender groups train together)

COST:

- \$75.00 per camper (contact me if interested in private speed training sessions: 618-559-9773)
- Make check payable to: **EHS** (memo: boys' track & field) or Venmo: @TigerSpeed
- Mail to: EHS, Attention: Chad Lakatos, 6161 Center Grove Rd, Edwardsville, IL 62025

FYI:

- Come showcase your speed at our "Summer Track Meets" on Friday Nights, June 9th and 16th at Winston Brown Track & Field Complex - 6:30PM

ADDITIONAL ENTRY FORMS MAY BE FOUND AT www.ehstrack.com

2023 Tiger Speed Camp Entry Form

Athletes Name: _____ Age: Gender: M F

Parents Name: _____ Cell #: --

Camp: 1 2 T-shirt size (Dri-FIT): YS YM YL S M L XL

***Waiver:** I acknowledge that running can be an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and/or personal loss. I hereby assume the risk of participating in the Tiger Speed Camp. I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: a) waive, release, discharge, and agree not to sue, from any liability for my death, disability, personal injury, property damage, property theft, or action of any kind which may hereafter occur to me as a result of my participation in the aforementioned events; b) the following persons or entities: C.U.S.D. #7, camp director, event volunteers, club members and officers, and all cities, counties, districts in which said event may be staged or in which segments of said events may be run and their officers, directors, employees, representatives, and agents. I agree to allow my photograph, video or film likeness to be used for legitimate purposes by C.U.S.D. #7, the event sponsors and/or assigns.*

Parent or Guardian signature: _____ Date: _____