

IRON JACK SPEED & STRENGTH CAMPS

Session I – 3 Days/Week

5:00-6:00 PM / Mon, Tues, Thur

Week 1 June 1-5th
Week 2 June 8-12th
Week 3 June 15-19th
Week 4 June 22-26th

Session II – 3 Days/Week

5:00-6:00 PM / Mon, Tues, Thur

Week 1 July 6-10th
Week 2 July 13-17th
Week 3 July 20-24th
Week 4 July 27-31st



Cost

Session I - \$216

Session II - \$216

Both Sessions - \$432

IRON JACK CAMP OBJECTIVES

The Iron Jack Speed & Strength Camp will provide the athletes with:

- The training knowledge and guidelines for sport specific demands, fundamentals of lifting, and speed development.*
- An opportunity to improve in all components of athletic performance for all sports. (Speed, Power, Agility, Flexibility, Muscular Strength / Endurance, Balance / Coordination).*
- Hands on approach to strength and speed development with practical instructional methods.*

The experienced and qualified staff is dedicated to helping athletes improve on all fundamental components of athletic performance and giving each participant a significant competitive edge.

IRON JACK SPEED & STRENGTH CAMPS

Release Form

Name _____

Address _____

City, State, Zip _____

Emergency Contact and Phone Number

Age, Grade (Entering 7th grade - 12th grade)

Session I _____

Session II _____

Both _____

****Please make checks payable to Sports Performance & Consulting, LLC**

I have read and hereby accept the conditions described in the brochure. I hereby agree and promise that I will not hold the Iron Jack Speed & Strength Camp, SFASU, or employees thereof responsible for any loss, damages, or personal injuries that he/she may receive as a result of participation. I also understand SFA has the rights to use photographs of campers at the clinic for publicity and advertising purposes.

Parent/Guardian's Signature (\leq 17 yrs of age)

Participant's Signature (18 yrs)

Medical release waiver must be signed and returned with registration.

****Please make checks payable to Sports Performance & Consulting, LLC**

Mail registration or email to: Intercollegiate Athletics SFASU P.O. Box
13010 SFA Station
Nacogdoches, TX 75962

Contact Brittany Burton or Dan Eason for more information:

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deason@sfasu.edu

936-371-9840

936-552-9906