

# 2010 IRON JACK SPEED & STRENGTH CAMPS

## Session I – 3 Days/Week

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

Week 1 June 7-11<sup>th</sup>  
Week 2 June 14-18<sup>th</sup>  
Week 3 June 21-26<sup>th</sup>  
Week 4 June 28-July 2<sup>nd</sup>

## Session II – 3 Days/Week

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

Week 1 July 12-16<sup>th</sup>  
Week 2 July 19-23<sup>rd</sup>  
Week 3 July 26-30<sup>th</sup>  
Week 4 Aug 2-6<sup>th</sup>



## 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 7<sup>th</sup> grade - 12<sup>th</sup> 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 Castledine or Dan Eason for more information:*  
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936-371-9840                      936-552-9906