

2015 MONA SHORES Summer Speed & Agility Camp

Sailors Speed to the Core!

Youth Speed, Agility and Core Strength to help young athletes (Ages 7-14) learn the important fundamentals of running mechanics, agility, and multi-directional movements



Under the Direction of Katie Jazwinski

5-Time All American - University of Michigan

Multiple Time Big 10 Champion, Big 10 Medal of Honor Winner,
University of Michigan Female Athlete of the Year, 3-Time Olympic Trial Qualifier,
Mona Shores Physical Education, Strength and Conditioning Teacher

Register no later than June 10!

Presented by:

Mona Shores Community Services
121 Randall Road, Norton Shores, MI 49441
Phone: (231) 780-4748
Fax: (231) 798-8741
www.monashores.net

2015 Summer Speed and Agility Camp

Ages: Ages 7 to 14
 Limited to the first 75 per session to guarantee personal attention

Cost: \$75.00 per session or \$100 for both - Register no later than June 10th.
 Checks payable to: MSCS (Mona Shores Community Services)

Dates: Session 1: June 15, 16, 17, 18, 19 (Monday to Friday)
 Session 2: June 22, 23, 24, 25, 26 (Monday to Friday)

Times: 9:00-11:00 a.m.

Location: Mona Shores High School (check in at Sailor Center entrance)
 Rain days will be indoors

Skills and drills to help you become the best you can be! Learn the big and little things that help you become smarter, faster and stronger. Review the correct drills early on so you develop year after year! This camp is ideal for all ability levels and sports/clubs. Fun activities kids and parents can do at home!

Please observe the deadline in order to allow sufficient time to order supplies, etc. Late registrations may not qualify for incentives. If you have missed the deadline, please call (231) 780-4748 to check for openings. If you cancel prior to the start of activity, a refund (less a \$10 non-refundable fee) will be issued. Refunds will not be made after the first day of activity or due to inclement weather.

Complete this registration form and return to Mona Shores Community Services no later than June 10th.



2015 Summer Speed & Agility Camp Registration Form

Please remember to fill in your child's grade for next year!

Session 1 Session 2

Name: _____ **School:** _____

Grade (15/16): _____ **Age:** _____ **Date of Birth:** _____

Sport Emphasis: _____

Parent Name: _____

Address: _____

Phone: _____ **Cell:** _____

Email Address: _____

Emergency Contact: _____

Any Allergies or Health Problems? _____

Shirt Size (select one): Youth: M L Adult: S M L

Credit Card **Cash** **Check** **Check #** _____

For Credit Card Use Only:

*I authorize Mona Shores Community Services to charge by credit card.
 All information provided remains confidential.*

Signature: _____

Date: _____ **Amount:** _____

Please charge my: Visa MC **Expiration Date:** _____

Card #:

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Please Sign Below!

On condition of this registration form being accepted, I hereby state that my child is in a state of good health and I assume all risks associated with participating in this activity. Having read this waiver, I, for myself, my child and anyone entitled to act on our behalf, waive and release Mona Shores Community Services and Mona Shores Schools and any other agents from all claims of liabilities of any kind arising out of my child's participation in this activity.

Signature of Parent

I have read and completed the Concussion Awareness Form: