

# Knights Speed and Agility Camp

Want to maximize your talent and athletic abilities for football, basketball, soccer, tennis, baseball, hockey, or any other sport? Join us this summer to increase speed, agility and explosiveness through specialized drills and exercises designed to maximize performance.

DATES: Monday, June 10<sup>th</sup> - Thursday, June 13<sup>th</sup>

Monday, July 22<sup>nd</sup> - Thursday, July 25<sup>th</sup>

WHERE: Saint Francis Middle School Field

AGE: Rising 4th - 8th graders(Boys and Girls)

TIME: 10:00 AM-12:00 PM

COST: \$100.00 per week

INSTRUCTORS:

**Coach Troy Bergeron**



**Coach Celia Spartz**



Equipment Needed: Athletic Shoes or Cleats (preferred), Shirts, and Shorts.

\*Please return the form below to Coach Bergeron or Coach Spartz. Feel free to email

Coach Bergeron with any questions or concerns at: [tbergeron@sfschools.net](mailto:tbergeron@sfschools.net).

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Name: \_\_\_\_\_ Age: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

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

Emergency Contact: \_\_\_\_\_

Please make all checks payable to Troy Bergeron.