



Louisville Athletics

Speed and Agility Development

- Who: Louisville athletes entering grades 5-9
- When: June 20 – June 23 from 9:00 –11:00 am (Times may change depending on the number of participants)
- Where: Louisville Football Stadium
- Equipment: Running attire and athletic shoes preferably cleats (no metal or metal tipped cleats)
- Staff: Louisville’s Head Strength & Conditioning Coach Nick Lewis (IYCA and BFS Certified) and Coaches from Louisville’s Athletic Programs
- Cost: \$25

Good athletes run hard. Great athletes run efficiently. For many years the assumption was the stronger and more naturally talented the athlete, the faster the athlete. This is only partially true. SPEED CAN BE TAUGHT! Yes, strength does play a key role in the level of an individual’s abilities, but a more important factor is how well that athlete is using that strength. One’s ability to maximize force and power output, along with eliminating unnecessary movement, will determine how well an athlete accelerates, decelerates, and changes direction. The coaches of Louisville are excited to offer your child the opportunity to learn the skills necessary to elevate them above the competition. At our 4-day camp, we will cover numerous techniques and details of becoming a more efficient athlete. From the correct warm-up to proper toe angles, we will assure your child will leave our camp faster, quicker, and more confident.

The ability to run fast and change direction quickly is the difference between an average athlete and a superior athlete. By developing these skills, an athlete can take his/her play to a whole new level. That is why speed and agility development, for any athlete in any sport, is a good investment.



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Deadline for: May 13
Registration

Dear Parents,

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Sincerely,

John DeMarco
Phone: 330-875-5011
Email: demarco@louisville.sparcc.org

Speed and Agility Development Camper Information

I understand I am financially responsible for any medical bills incurred by my child while at camp. I authorize the staff of the Speed and Agility Development Camp to act as they deem fit in the event an emergency arises. I hereby release and forever discharge the staff of and from any and all manner of actions, suits, damages, claims and demands on account of personal injury or death arising from my child's participation in the above activities.

(Parent Signature)

(Date)

Athlete Information

Name _____ Grade Entering _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Phone _____

Emergency Contact _____ Phone _____

Shirt Size (Circle One)

Youth S M L

Men's S M L XL XXL

Return this form to Louisville's Athletic Department, 1201 S. Nickelplate Ave. Louisville Oh 44641, with attention John DeMarco