

## What will this program do for me?

1. Develop and improve in the areas of speed, power and mobility.
2. Learn the proper technique of lifting and running.

## Core lifts will include:

- ✓ Power Clean
- ✓ Dead Lift
- ✓ Squat

## Speed & Agility will include:

- ✓ Speed Mechanics & Drills
- ✓ Agility Ladders & Drills
- ✓ Plyometric Drills



**June 13—August 5th**  
**6th –12th Grade Students**

**Coached By:**  
*Johnny Frank*  
*Jacob Stocker,*  
*Erin Gadiant*  
*Eric Hildebrandt*  
*Shane Gunderson*  
*Steve Thompson*

***The Hardest Thing To Do Is To Work  
Hard When No One Is Looking***

**“THE BEST WAY TO IMPROVE THE TEAM IS TO  
IMPROVE YOURSELF.”**

*-John Wooden*



# SPEED STRENGTH 2016

**June 13—August 5th**

No Camp July 4th—July 8th

6th –12th Grade Students

		Session I	SESSION II
		Boys Power, vertical & lateral speed	Girls Power, vertical & lateral speed
<b>M</b>	FHS	7-8:15 am	8:30-9:45 am
<b>T</b>	FHS	7-8:15 am	8:30-9:45 am
<b>W</b>	FHS Competition/Speed Day	7-8:15 am	8:30-9:45 am
<b>TH</b>	FHS	7-8:15 am	8:30-9:45 am

Special accommodations can be made if you can only attend a certain session (call for more details)

**Individual Camper: \$100**

**Family (2 or more participants): \$175**

Mail form and payment\* to:

Faribault Booster Club  
P.O. Box 3  
Faribault, MN 55021

\*(Make checks payable to Faribault Booster)

Registration questions or additional informational, please call or email:

Johnny Frank

Phone: 507-676-1747

Email: jfrank@faribault.k12.mn.us

Eric Hildebrandt

Phone: 507-412-9119

## Registration & Release of Liability Form:

Please Read and Sign Before Participating in Falcon S & S Camp

Participant's Name: \_\_\_\_\_ Grade (2016-17): \_\_\_\_\_

Address: \_\_\_\_\_ List athletics involved in: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Session Attending: (Please circle one)

S-I    S-II

T-Shirt Size: (Please circle one)

XS    S    M    L    XL    XXL

IN CONSIDERATION of being permitted to participate in any way in the sport and activities of FALCON STRENGTH AND SPEED CAMP, I acknowledge, appreciate, and agree that:

- The risk of injury from the activity and equipment of FARIBAULT HIGH SCHOOL is significant, and while particular protective equipment and personal discipline will minimize this risk, the risk of serious injury does exist;
- I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN ARISING FROM THE NEGLIGENCE of those persons released from liability below, and assume full responsibility for my participation; and,
- I understand that the activities of FARIBAULT HIGH SCHOOL are physically and mentally intense. I understand the rules of play and will comply with all the rules and regulations. If I observe any unusual or unnecessary hazard during my participation, I will bring such to the attention of the nearest official as soon as practical; and,
- I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS FARIBAULT HIGH SCHOOL, THE OWNERS AND LESSORS OF PREMISES USED TO CONDUCT THE ACTIVITIES, THEIR OFFICERS, OFFICIALS, AGENTS, AND/OR EMPLOYEES ("RELEASEES"). WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH or loss or damage to person or property, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, except that which is the result of gross negligence and /or wanton misconduct.
- I understand and agree that this Release of Liability Agreement covers each and every FARIBAULT HIGH SCHOOL activity and event in which I participate hereafter.
- I understand and agree that this Release of Liability Agreement replaces my Insurance Policy, to which I take full medical responsibility in the event of injury caused by sport and activity of FARIBAULT HIGH SCHOOL and hereby release and hold harmless FARIBAULT HIGH SCHOOL.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

PARTICIPANT'S SIGNATURE: \_\_\_\_\_ DATE SIGNED: \_\_\_\_\_

CELL PHONE NUMBER: \_\_\_\_\_

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant do consent and agree not only to his/her release of FARIBAULT HIGH SCHOOL, and all other releases but also to release and indemnify the Releases from any and all liabilities incident to his/her involvement in these programs for myself, my heirs, assigns, and next of kin.

PARENT/GUARDIAN'S SIGNATURE: \_\_\_\_\_ DATE SIGNED: \_\_\_\_\_

EMERGENCY PHONE NUMBER: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

