

# *Hillsboro Speed Camp!*

*By The Grind Fitness and Sports Performance*

*This speed camp is designed to improve and develop speed training techniques. Linear speed, Multi-directional speed, and unilateral speed techniques will be taught. All students regardless of ability are encouraged to attend. The camp will be put on by certified strength and conditioning coaches!*



***WHERE: Hillsboro High School Turf Field***

***WHEN: May 14th - May 16th 6-8 PM***

***WHO: 8-13 Yr. Old 6PM-7PM 14-18 Yr. Old 7PM-8PM***

***Cost: \$50 per camper Make Checks Payable to Hillsboro Football***

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***Please return this form with Payment to Coach Freeman at:***

***Hillsboro High School***

***123 Leon Hall Parkway***

***Hillsboro Mo 63050***

***Name \_\_\_\_\_***

***AGE \_\_\_\_\_***

***T Shirt Size: \_\_\_\_\_***

***Parent/Guardian Signature \_\_\_\_\_***

***Email \_\_\_\_\_***