

**"Heart of a Raider, Heart of a Champion"**



## **Raider Boot Camp with Impact Fitness**

Eden High School's Fitness Center & Stadium

Summer Conditioning Program

Certified coaches and trainers will facilitate activities that will improve...

- ✓ Linear and Lateral Speed
- ✓ Strength & Endurance
- ✓ Explosive Power
- ✓ Acceleration & Deceleration
- ✓ Sprinting & Jumping Mechanics

When: Mondays, Wednesdays, July 2<sup>nd</sup> – August 8<sup>th</sup> (12 sessions)

Time: 6:00PM-7:30-PM

Ages: 11 years old – 21 years old

Where: 3150 Schoolview Road

Cost: \$140.00 (less than \$12.00 a session)

\*Students should be prepared with gym type attire and footwear

What to bring: Appropriate Athletic attire/footwear

2018 Raider Boot Camp Registration and Waiver

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

**Next year's Grade:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Sport(s):** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Parent/guardian Emergency Contact (name & number)**

\_\_\_\_\_

**Medical concerns/Alerts?** \_\_\_\_\_

\_\_\_\_\_

I understand that by participating in this program, I will be involved in strenuous physical activity. I verify that I am cleared for such activities by a school or private physician.

Student Athlete signature:

\_\_\_\_\_

Parent/Guardian Signature:

\_\_\_\_\_