

# Summer Speed Training Program for Female Athletes

BLEACHERS

SLEDS

JUMP ROPES

CORE WORK



PLYOMETRICS

PARACHUTES

AGILITY

FORM

THIS CAMP IS DESIGNED TO HELP IMPROVE YOUR  
**SPEED, STRENGTH, AND ENDURANCE** IN  
ORDER TO TAKE YOUR GAME TO THE NEXT LEVEL

CAMP DIRECTORS - JEREMY ROBERTSON (BOYS VARSITY TRACK) / NICK GRIECO (GIRLS VARSITY SOCCER)

CAMP DATES - MON, TUES, THURS MORNINGS FROM JULY 2ND - AUG 2ND (15 TRAINING SESSIONS TOTAL)

CAMP TIMES - 7:30 AM - 8:30 AM AT THE WEST ISLIP HIGH SCHOOL TRACK FACILITY

CAMP IS OPEN TO ALL FEMALES ENTERING GRADES 9-12

CAMP FEE - \$ 90 (\$75 FOR A 2ND CHILD) (\$100 FOR SIGNUPS ON THE FIRST DAY)

CHECKS SHOULD BE MADE OUT TO **WEST ISLIP SPORTS PERFORMANCE ENHANCEMENT CLUB** AND  
MAILED TO COACH ROBERTSON AT **PO BOX 284, West Islip, NY, 11795**

FOR QUESTIONS CONTACT COACH ROBERTSON AT (631) 707-5114 OR J.ROBERTSON@WI.K12.NY.US

THIS CAMP IS NOT AFFILIATED WITH WEST ISLIP PUBLIC SCHOOLS

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Name \_\_\_\_\_

Grade (September) \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

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

Phone # \_\_\_\_\_

I AM FULLY AWARE THAT THE CAMPS INSURANCE IS SECONDARY TO MY FAMILIES  
PRIMARY HEALTH INSURANCE POLICY PARENT SIGNATURE \_\_\_\_\_