

The Mill Creek Athletic Association and Elite Camp, LLC presents the

# SPEED and QUICKNESS CAMP

Duncan Creek Park, Dacula, Georgia

JUNE 2th -June 23rd, 2021



Whether it's **football, lacrosse, basketball, baseball, softball, soccer or cheer**; speed improves performance in an athlete. Improving speed and agility is an absolute must in today's sports. **THE SIMPLE FACT IS, ANYONE CAN IMPROVE THEIR SPEED NO MATTER WHAT THEIR SKILL LEVEL IS.** Speed is not just genetics, as once thought. It has been scientifically proven numerous times that everyone can learn how to increase their speed, quickness, and agility. The strength and conditioning coaches at Mill Creek High School have put together a proven method for speed enhancement. This is a four week, comprehensive, speed training session. The athlete will be trained in the following— **Sprint Mechanics— Explosion Drills— Quick Foot Drills —Change in Direction .**

### WHO CAN ATTEND

Boys and Girls Age 6 thru 8th grade

### WHAT TO BRING TO CAMP:

- \* Workout clothes
- \* Tennis shoes or cleats
- \* Large water bottle

### FEES

\$90.00 for the camp - pay online at Mill Creek Athletic Association <https://www.millcreekaa.net/> or pay the first day of camp

### REMIND SIGN UP for SAQ MESSAGES

Text - @saq21 to 81010

6:30 PM-7:45 PM

Mon, Wed, Thurs,

**JUNE -- 2nd, 3rd, 7th, 9th, 10th, 14th, 16th, 17th, 21st & 23rd**



10  
**SESSIONS  
FOR \$90**

**THAT IS  
LESS THAN  
\$10 PER  
SESSION!**



## MILL CREEK ATHLETIC ASSOCIATION SAQ CAMP—JUNE 2nd- JUNE 23rd, 2021

*Please bring this form and payment with you to the first day of the camp unless you registered online.*

**ATHLETES' NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_ **e-mail address:** \_\_\_\_\_

**CONTACT PERSON** \_\_\_\_\_ **CONTACT PHONE #:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

*As the parent or guardian of the above-named child, I do hereby indicate he/she is in good health, give full approval for his/her participation in the program, and in the event of an accident, authorize any medical treatment which may be advised or recommended by an attending physician. This is to certify that my dependent has had an adequate medical examination and is physically able to participate in the camp activities. Participation in football camp, by its nature, includes a risk of injury which may range in severity from minor to long term catastrophic, including permanent paralysis from the neck down or death. Although injuries are not common in football, it is possible only to minimize, not eliminate the risk. Participants can and have the responsibility to help reduce the chance of injury. Players must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect their equipment daily. By signing this permission form, you acknowledge that you have read and understand this warning. Parents or students who do not wish to accept the risks described in this warning should not sign this permission form. Please inform us of any medical problem, e.g., diabetes, allergies, asthma, etc. that would assist us in caring for your child.*

**Parent Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**\$90.00 CASH or CHECK #** \_\_\_\_\_