

G FASDOGS 2023 G

THREE WEEK SPEED AND STRENGTH DEVELOPMENT

A PROGRAM FOR ALL ATHLETES IN GRADES 3 - 12

July 10-13, 17-20, 24-27

Mondays-Thursdays

WHAT IS FASDOGS?

FAS (fundamentals, agility, & speed) DOGS is a 3 week speed and strength development program for any athlete, between the 3rd and 12th grade that wants to improve his/her athletic performance. The emphasis is on improving speed, quickness, lateral movement, agility, & strength. The program incorporates the latest coaching techniques in speed and strength training. Every athlete can benefit from enrollment in this program by improving his/her speed, strength, quickness, and explosiveness.

WORKOUT TIMES

6:30 - 8:00 Grades 10-12 (FB ONLY)
Speed Training & Weights

7:30 - 9:00 Grades 8 -9 (FB ONLY)
Speed Training & Weights

8:30 - 9:30 Grades 6-7 (Boys & 8-12th Females)
Speed Training

9:00 - 10:00 Grades 3-5 (Boys & 3-7th Females)
Speed Training

Name _____ Fall 2023 Grade _____

Address _____ City _____ Zip _____

Guardian #1 Name _____ Cell _____

Guardian #2 Name _____ Cell _____

Emergency Contact & Phone Number:

1. Name _____ Phone _____

2. Name _____ Phone _____

Have you had a physical in 2023? Yes No Date of Physical _____

Please check the Camp you plan on attending:

- ☐ 6:30 a.m. Grades 10th-12th (FB ONLY)
- ☐ 7:30 a.m. Grades 8th-9th (FB ONLY)
- ☐ 8:30 a.m. Grades 6-7 Boys & 8-12th Girls
- ☐ 9:00 a.m. Grades 3-5 Boys & 3-7th Girls

GUARDIAN MUST SIGN ON BACK!

ATTENTION!

The **FASDOGS** Speed Camp is a high intensity training camp. Every participant should have a physical prior to the start of camp. Please attach a **copy** of the physical to the enrollment form. If you use an AAA approved physical form, it will carry over for 12 months. If you turned the physical into the school, you do not have to attach a copy.

Total cost of FASDOGS: \$125.00

****No cost to current 7th - 12th grade Greenwood Football Players**

Please send application, payment, and copy of physical to:

Chris Young
Greenwood High School
501 Bulldog Loop
Greenwood, AR 72936

**Please make checks payable to:
Greenwood Athletic Department**

If you have questions, please call
Chris Young @479.252.4863
Email:
chris.young@greenwoodk12.com

I understand that there is risk of injury while participating in high intensity physical conditioning. In the event of an illness or injury, I authorize the Bulldog Football staff to seek appropriate medical treatment, in the event that the parents cannot be reached. I also agree that FASDOGS Speed Camps or GPS are not liable in the event of an injury or illness. I understand that the camp provides no insurance and that the participant is responsible for any medical expenses that might occur.

Parent of the Student Athlete Sign Here