

District #108 Community Education Sports Performance and Prevention Camp!

#1113SA Sports Performance and Prevention Camp—

Ridgeview Sports Medicine Staff

The Ridgeview's sports performance specialist, along with their staff of athletic trainers, many with Master's Degrees in exercise Physiology, have developed a professional model that provides performance programming combined with efficient use of the student-athlete's time. 90 minute sessions will focus on both strength and speed/agility training. As well as injury prevention strategies. Ridgeview's favorable staff to student-athlete ratio will ensure proper technique to decrease risk of injury and improve athletic performance. This is a must for all high school and Middle School athletes who want to increase performance and decrease injuries. **Please note:** This program cost about \$200 in other schools, but thanks to donations by our Booster club and sports teams, we are able to offer it at half the cost. Don't miss out on this exceptional opportunity.

21 Sessions Mon., Wed., Thurs., June 8— July 30 (No camp week of July 1)

Section A: 7:30—9 am Males & Females going into 10th—College

Section B: 9:15—10:15 am Males & Females going into Grades 6—8

CHS, Track and Weight Room Fee: \$95

Sports Performance and Prevention Camp – ISD #108 Com. Ed

Name _____ Grade (2019-20) _____ Phone number _____

Address _____

City _____ Zip _____

Emergency Contact name _____ Phone Number _____

I am signing up for section: _____