

Speed & Agility Camp

Saturday, June 16th

- ▶ Learn how to run faster, jump higher and become a more explosive athlete.
- ▶ Includes proper forms of running/mechanics.
- ▶ Improve hip hinge, increase power, etc.
- ▶ Camp includes character/sportsmanship building, with a fun activity at the conclusion.
- ▶ FMS Screen (functional movement screening) for ACL injury prevention.



Camp Levels:

Elementary School	(Ages 9-11 from 9:00 am-10:30 am)
Middle School	(Ages 12-14 from 11:00 am-12:30 pm)
High School	(Ages 15-18 from 1:00 pm-2:30 pm)

Cost: \$25 (includes a camp t-shirt and wristband)

Please mail your payment with registration form or register online and bring payment with you the day of camp.

Location: YMCA Sports Complex (Home of the Rangers Soccer Academy)
1153 N. Indiana Ave, Auburn, IN 46706

Registration Deadline: Friday, June 1st

Mail: DeKalb Health, Attn: Kara Heggen, 1316 E. 7th St., Auburn, IN 46706

Online: <https://www.dekalbhealth.com/spi-speed-agility-camp>

Mail: Fill out the form below and mail with your payment.

Your Instructors:



Josh Collins
Sports Performance Trainer



Brandon Galbraith, D.C.
SPI Medical Director

SPI Speed & Agility Camp Registration

Student's Name: _____

Phone: _____ **Email:** _____

Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Registration Deadline: Friday, June 1st

Please mail your payment of \$25 with registration form or register online and bring payment with you the day of camp.

For questions, contact Karra Heggen, CNO, COO at 260.920.2503 or kheggen@dekalbhealth.com.

Please make checks payable to:

DeKalb Health
Attn: SPI Speed & Agility Camp (Karra Heggen)
1316 E. 7th St.
Auburn, IN 46706

Select Camp Level:

- Elementary School
(Ages 9-11 from 9:00 am-10:30 am)
- Middle School
(Ages 12-14 from 11:00 am-12:30 pm)
- High School
(Ages 15-18 from 1:00 pm-2:30 pm)

Select T-shirt Size (included):

- | | |
|-----------------------------------|------------------------------|
| <input type="checkbox"/> Youth XS | <input type="checkbox"/> S |
| <input type="checkbox"/> Youth S | <input type="checkbox"/> M |
| <input type="checkbox"/> Youth M | <input type="checkbox"/> L |
| <input type="checkbox"/> Youth L | <input type="checkbox"/> XL |
| <input type="checkbox"/> Youth XL | <input type="checkbox"/> XXL |