

Hillsboro Speed Camp!

By The Grind Fitness and Sports Performance

This speed camp is designed to improve and develop speed training techniques. Linear speed, Multi-directional speed, and unilateral speed techniques will be taught. All students regardless of ability are encouraged to attend. The camp will be put on by certified strength and conditioning coaches!



WHERE: Hillsboro High School Turf Field

WHEN: May 14 & May 16 6-8 PM

WHO: 8-13 Yr. Old 6-7PM 14-18 Yr. Old 7PM-8PM

Cost: \$50 per camper Make Checks Payable to Hillsboro Football

Please return this form with Payment to Coach Freeman at:

Hillsboro High School

123 Leon Hall Parkway

Hillsboro Mo 63050

Name _____

AGE _____

T Shirt Size: _____

Parent/Guardian Signature _____

Email _____

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