



WEBO SPEED CAMP

SUMMER SESSION 2019

What: -Build the movement foundation for **ATHLETIC SUCCESS!**
 -Proper running mechanics and technique with an emphasis on change of direction.
 -Improvements in agility and body control
 -Explosive linear acceleration for any sport, **REDUCED INJURY RISK**

Who: -Any **FEMALE** or **MALE** athlete that will be in **3rd through 8th grade.**

Where: -Western Boone High School, Junior High Gym, Please enter Athletic Doors.

When: - **May 28, 29, 30, and 31 from 11am-12pm**

Instructor: -Head Strength Coach & Head Track and Field Coach Jayme Comer

Questions: -Email: jayme.comer@webo.k12.in.us or Twitter: @WeBoStrength

Cost: \$40.00 Dollars per athlete, additional siblings are \$35.00 dollars each. Please make check payable to Jayme Comer.

Send to: Jayme Comer, Western Boone High School, 1205 N. State Rd. 75, Thorntown, IN 46071

Please detach and return with payment if paying through the mail.....

Name: _____ Current Grade _____

School _____

Parent Name: _____ Cell Number _____

Address: _____ Email Contact _____

*We do hereby give permission for our child to participate in the WeBo Speed Training. We, as guardians, will assume responsibility for our child's medical fitness for the camp. We hereby waive, release, discharge Jayme Comer and the speed camp staff from any liability for injuries and/or illness incurred while at the camp or arising out of travel to and/or from the camp.

Parent/Guardian Signature _____ Date _____