

Huskies Speed Camp 2008

**Work hard, dream big and never,
never quit**

Huskies Speed Camp is a highly organized training program that is specifically designed to maximize athletic performance!

Huskies Speed Camp will:

- Improve Speed
- Increase Explosive Strength & Power
- Bring about gains in Quickness & Change of Direction Ability
- Develop better running form
- Provide nutritional information to keep your body going

The Huskies Speed Camp training program uses the most up-to-date techniques developed by college and professional strength and conditioning coaches!

Training Techniques Include:

- All varieties of explosive plyometrics
- Resistance and overspeed training
- form Running
- Flexibility Training

Huskies Speed Camp is coached and supervised by Douglas County High School coaches.

Camp Schedule

CAMP DATES

Camp 1— June 9th thru June 27th

- Every M, T, TH, F (except session #3)

Camp 2- July 7th thru July 25th

- Every M, T, TH, F (except session #3)

TIMES

Session #1 – 7:30- 8:30 am

Middle school and high school athletes

Session #2 8:45-9:45 am

High school football athletes only

Session #3 5:30-6:30 pm

Elementary & middle school athletes only

(NOTE: Session #3 meets M, T, W, TH)

LOCATION

Douglas County High School Stadium and Track

COST

1st Camp--\$75 2nd Camp--\$75

Both Camps--\$125

PAYMENTS ARE DUE

Friday June 6st, 2008

AGE REQUIREMENTS

All athletes male & female ages 6 and up

HUSKIES SPEED CAMP 2008

Registration Form

Name of Athlete: _____

Age: _____ Gender: _____

Please circle camp dates

1st Camp 2nd Camp Both camps

Please circle the correct session

Session #1 Session #2

Session #3--(5:30-6:30 pm)

Please Circle a shirt size

Shirt Size: YM YL S M L XL XXL

Parent Name: _____

Home Phone: _____

Emergency Contact: _____

Emergency Contact Phone: _____

I hereby for myself, my heirs, agents, and administrators waive and release any and all rights and claims to damage I may have against Huskie Speed Camp, DCHS, and the camp instructors for all injuries. This may be concerning the participation of my minor child in the camp.

Parent/Guardian Signature: _____

Make checks payable to: DCHS

Mail form and payment to:

Douglas County High School

2842 Front Street

Castle Rock, CO 80104

ATTN: Huskie Speed Camp—Jeff Ketron

Questions: Call 303-387-1034

It is your Choices that Make You

"With the aid of the DC Speed Camp, our soccer athletes have been able to not only keep pace but surpass the competition. We now face any and all foes with an unprecedented level of confidence and subsequent success"-**Chad Allen, Head Soccer Coach**

"I think speed camp helps all athletes improve their overall athletic ability. I feel like our baseball players have really increased their muscular strength and endurance, flexibility and cardiovascular fitness in the summer from speed camp. I would encourage all of my baseball players to join up for both session in the summer." **Scott Fellers, Head Baseball Coach**

"What a great opportunity for our athletes to improve their quickness and agility. Speed and athleticism is the determining factor in nearly all sports. Here is a way for you to make a positive improvement in these areas. Make plans to attend the Huskie Speed Camp and reap the benefits of becoming a quicker and more agile athlete." **Bill Lenz, Athletic Director**

"I encourage all prospective basketball players to attend speed camp. It's a great off season workout and will improve their speed and agility." **Mitch Ubben, Head Basketball Coach**

Dear Camper,

Huskies Speed Camp is now moving into it's Ninth year. Those of you who have participated in the past know that our camp is designed to push you to a level of excellence. The six weeks that you participate in our program will be an experience that will help you to become the fastest, quickest, most agile athlete that you have ever been! Choosing our camp means committing to be a champion.

Our facilities at Douglas County are outstanding. Most of speed camp is conducted on our state of the art sports turf field. The surface provides great cushion and is outstanding for change of direction work.

Winning Stems from a commitment and a commitment begins with an attitude." Speed camp will prepare you to be the champion that you have always dreamed about. All it takes is that first step.

Our motto this year is "You either make dust or you eat dust!" The Huskies speed camp is designed to keep you in front of your competition.

Jeff Ketron
Head Football Coach
DCHS
2005 State Champions
2006 State Semi-finalist
2007 State Finalist



9th Annual DOUGLAS COUNTY HIGH SCHOOL HUSKIES SPEED CAMP 2008



**You either make dust or
eat dust!**

June 9th through June 27th
&
July 7th through July 25th