



## Speed, Power & Agility Camp For High School and Middle School Athletes July 11-July 14, 2011

Improve your athletic performance with MedSport this summer. The speed, power, and agility camp will create the foundation to provide you with the necessary components to improve foot speed, build power and explosiveness, and progress agility and quickness. As a student-athlete, you will learn proper conditioning techniques in preparation for the upcoming sport season.

MedSport's staff includes certified strength and conditioning specialists, certified athletic trainers and licensed physical therapists. Each has extensive experience in exercise prescription, health, and physical fitness, as well as in sports medicine and injury prevention techniques.

- Open to 2011 incoming Middle and High School Athletes
- Athlete to instructor ratio 10:1
- Located at Father Gabriel Richard High School, Ann Arbor
  - Drop Off: 8:00-8:30 AM
  - Pick Up: 11:30-Noon
- Water provided, please bring your own mid morning snack
- T Shirt included, please indicate size below
- Limited availability, please register early
- **Cost: \$95.00/athlete** - (Check or money order made out to UMHS)

**Please contact the MedSport Athletic Performance Coordinator with questions at 877-877-9333, option 1 or visit our website at [www.umich.med.edu/medsport](http://www.umich.med.edu/medsport)**

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### Registration Information:

Athlete's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ High School: \_\_\_\_\_

Address: \_\_\_\_\_  
(street, city, state, zip)

Telephone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Parent email: \_\_\_\_\_

**T Shirt Size:**    S        M        L        XL        XXL  
(Adult sizes, circle one)

Please mail registration form  
and payment to:

**UMHS MedSport Sports Medicine Program  
Attn: Cindy Newcom  
24 Frank Lloyd Wright Drive, PO Box 391  
Ann Arbor, MI 48106-0391**

**Confirmation letter with more information, including a map to the facility will be sent after registration**