

**DETATCH
REGISTRATION
FORM AND
RETURN WITH
CAMP FEE**



Sign up Today

ROCK
SPORTS

2010



**SPEED,
AGILITY &
EXPLOSION
CAMP**

I AM ATHLETICS

For more INFO contact:
Scotty@iamathletics.net



The Rock Church
2277 Rosecrans Street
San Diego, CA 92106
619.226.7625

ROCK
SPORTS

I AM ATHLETICS

**SPEED,
AGILITY &
EXPLOSION
CAMP**



DEC. 28—DEC. 30

2010

9:00AM—12:00PM

The Rock Church
2277 Rosecrans Street
San Diego, CA 92106
619.226.7625

SPEED, AGILITY & EXPLOSION CAMP

WHO:

Boys & Girls—Ages 14 — Adult

WHAT:

Professional instruction and drills to improve speed, explosion and agility; coached by former San Diego State athletes.

WHEN:

Dec. 28 — Dec. 30

9:00AM — 12:00PM

Check-In Dec. 28 at 8:30AM

Camp starts promptly at 9:00AM

Days & Hours

Tuesday — Thursday

9:00AM — 12:00PM (Camp)

WHERE:

The Rock Church—ROCK PARK

2277 Rosecrans St., SD, CA 92106

WHY:

In today's "Sports World", coaches of all sports want their athletes to be fast, powerful and instinctive. This 3 day Camp will give athletes the tools to improve their athleticism, preparing them to compete at a higher level.

CONTACT INFO:

Scotty James 619.764.5161

Scotty@iamathletics.net

WHAT TO WEAR / BRING:

Shorts, running shoes, turf cleats and plenty of water.

INSTRUCTOR: Scotty James

Scotty James has played football at the high school, junior college, Division I level (San Diego State University) and tried out for several professional teams. He has trained with and under some of the premier pro athletes and speed coaches in San Diego.

OTHER INSTRUCTORS:

Former San Diego State athletes

SPEAKERS:

Each day a current or former San Diego State player will come to share their journey of how they made it to where they are athletically, offering tips and advise how you can achieve your best.

REGISTRATION:

\$60.00 by December 17th

\$70.00 after December 17th

Mail in Registration Form with check payable to:

The Rock Church—Rock Sports

2277 Rosecrans Street, San Diego, CA 92106

OR REGISTER ONLINE AT:

www.therocksandiego.org/ministries/personaltraining/



2010 REGISTRATION FORM

Speed, Agility & Explosion Camp

Please enroll my child in the 2010 Speed, Agility & Explosion Camp, December 28-30, 2010. Hereinafter known as the "Camp". Camp will be held at the ROCK PARK, located at the Rock Church, 2277 Rosecrans St., San Diego, CA. 92106. By signing below as the parent/guardian, I agree to hold harmless Scotty James, I AM Athletics, Rock Sports, The Rock Church, and any and all of the employees, management and administrative personnel, coaches, assistants, volunteers, agents and associates of each aforementioned entity or organization. I waive the right of myself and or the below named child to recover monetary damages for any and all injury, whether permanent or temporary, or death which may result due to the below named child participating in this activity. I understand that by being involved in the sport of athletic conditioning, the below named child is exposed to the risks of injury and death. Understanding and acknowledging all of the foregoing, I give my written permission for the below named child to participate in the Camp.

I have enclosed a check or money order (or paid online) in the amount of \$60.00 (\$70.00 after December 17th) made payable to The Rock Church. This fee is non-refundable, but may be transferred to another participant. Any checks returned by the bank for any reason will have a \$35.00 administrative fee added to them.

Participant's Name

Date of Birth

Grade

Street

City

State

Zip

Phone

Email

Signature of Parent or Guardian

T-Shirt (Adult) Size: S M L XL

Date

Circle One

Checks Payable to:

The Rock Church - Rock Sports