

2023 REBEL SPEED AND AGILITY CAMP

WHEN: Wednesday, June 7th – Thursday, July 27th

WHO: Any of next year's 5 -12 grade athletes

WHERE: Southland High School Wellick Center, gymnasium and football practice fields

WHAT IS IT? The Southland Rebel Speed and Agility Camp is a training program that includes the exercises, drills and core lifts to improve agility, quickness, balance, strength, and coordination that will improve pure speed and strength. The camp will teach proper form/technique in strength training, as well as group plyometric workouts to gain the hip and leg explosion necessary to enhance speed, agility and quickness.

WHAT TIME IS THIS OFFERED?

Speed/agility camp will run ONE session this year to accommodate the student athletes. **Monday, Wednesday, Thursday 6:30 – 8:00 A.M.** Each session will run approx. 70 – 90 minutes.

- Please enter at the main entrance and proceed to the new gym for warm-up.
- It is really important for all participants to eat a small (healthy) breakfast before being active.
- The 2 main coaches are J.J. Galle & Jeff Hobbs, with other coaches assisting when available.

COST: \$50.00 for one athlete, \$75.00 for 2 siblings and \$90.00 for 3 or more siblings. **Please make checks payable to J.J. Galle** and have registration forms turned in by Thursday, June 1st. You can drop off your registration form at the high school office, or hand your form to Mr. Galle or Mr. Hobbs. If you have any questions or concerns, please contact Mr. Galle or Mr. Hobbs at Southland School 582-3568.

July 1st – July 7th No Contact week. There will be no Speed/Agility because coaches can't have contact with student athletes due to Minnesota State High School League Rules, and it will be a nice break for all as well. That means that there will be no weight room either. Enjoy your break. :)

As coaches at Southland, we know that the speed/agility camp is a great way to enhance and improve our student athlete's athletic ability, balance/coordination, self-confidence and overall team performance.

Thank you for your time,

Mr. Hobbs, Mr. Galle

Registration Form:

Grade just completed: _____

Name: _____ will be attending Rebel Speed and Agility Camp. (Write ALL YOUR CHILDREN'S NAMES who are attending on one sheet)

Phone # (H) _____ **(W)** _____

Family Doctor: _____ Medical Facility _____

In case of emergency, I _____ give permission for my child, _____ to be treated.

Medical Information

Has the athlete had previous sports-related injuries? Explain.

Does the athlete require any special taping or equipment for participation in sports? Please specify. _____

Is the athlete allergic to any medication? _____ if so, what?

Does the athlete take any medication routinely? If yes, please explain.

Please share any additional medical information that may be pertinent to the athlete's coaches:

I fully understand the conditions that apply to these activities and give my son/daughter _____ permission to participate in the Southland Speed/Agility Camp. I also understand the risks involved in these activities and agree not to hold the coordinator, coaches, Southland Community Ed nor Southland Schools responsible for any accidents or injury which might occur.

Parent/Guardian Signature