

Milton Acceleration Camp



\$100

Camp Dates:

June 11- July 26

Monday

Tuesday

Wednesday

Thursday

What is Acceleration Camp?

Acceleration Camp instructors are committed to helping athletes achieve their goals. Our mission is to design comprehensive, individualized programs based on the enhancement of speed, strength, and flexibility training for improvement of an athlete's performance. Our individualistic approach to training and conditioning produces a new type of athlete: one that is prepared both mentally and physically.

Who: Entering 9th through 12th Grade

What to Bring: Suitable workout Clothing and a water bottle

Where: Males-Milton High School Track area/ Gym when raining Females- Milton Middle School

When: Monday, Tuesday, Wednesday, Thursday from June 11-July 26. Each Session is approximately 1 hour and 30 minutes in length

Areas of Emphasis: Sprinting Technique, Jumping Technique, Lateral Quickness, Explosiveness, Overall athleticism

Please Cut and send with payment

Athlete Name: _____

Address: _____ City: _____ State _____ Zip _____

Emergency Contact Phone Number _____

First Come First Served- Each Session limited to 35 athletes

____ Male Camp: 6:30-8:00 am(High School) ____Female Morning Camp: 6:30-8:00 am(Middle School)

____ Male Camp: 7:15-8:45 am(High School) ____Female Morning Camp: 8:15-9:45am(Middle School)

____ Male Camp: 8:15-9:45am(High School)

(If you have a special circumstance with sessions please let Coach Lee know. Please sign-up for Summer School Weight Room also)

By signing this I hereby give permission for my son/daughter to be treated for an injury sustained during the Milton Acceleration Camp. I hereby expressly assume all risk of injury that could occur by reason of participation. I also understand that all expenses incurred as a result of injury are my responsibility as parent/guardian.

Parent/Guardian Signature _____

Please return completed registration form to: Matt Lee, 114 W. High St. Milton, WI 53563

Make NON-REFUNDABLE \$100 Checks Payable to: Milton Football Boosters

Any Questions? Please email or Call Coach Matt Lee leem@milton.k12.wi.us 608-868-9300 ext.1050