

Spring Break Skills Camp

March 23 – 25, 2010 at West Linn High School



Presented by **FAST** and **Speed-4-Sport**

FAST
BASKETBALL



REGISTER NOW!

By Phone: 503-545-7080

Online at: www.fastsports.us

Mail registration to: 6470 Evergreen Drive, West Linn, OR 97068

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NAME: _____ SCHOOL: _____ GRADE: _____

STREET ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____

PHONE: _____ E-MAIL: _____

Sign up by March 12th and get a FREE T-Shirt!

*Please make checks payable to: **FAST***

Release of Liability

My son/daughter is in good health and is able to participate in a vigorous sports program. He/she has no previous sickness, illness, disease or bodily injury that is contradictory to participation. We understand that FAST and/or Speed-4-Sport is not responsible for any physical injury that may occur during the course of training activities. I hereby, release, hold harmless, discharge and agree not to sue FAST and/or Speed-4-Sport, its directors, facilities, and coaches for all liability from athlete participation in this program. In the event that my child is injured I give my permission for such medical procedures as may be deemed necessary.

X _____ **Date**

About the Camp

Take advantage of your Spring Break by working on your game. This clinic will focus heavily position specific skills and drills. Each player will learn how to build off-season workouts to improve individual skills.

Our training is built on teaching skills, repetition in drills and simulating live game situations. Learn skills, do drills and make it real!

Date: March 23-25, 2010

Time(s):

Session 1: 9-12am (open to all players 5th grade and under)

Session 2: 1-4pm (open to 6th through 8th grade players)

Site: West Linn High School

Cost: \$120

Space is Limited. Sign Up Soon!