

**CONSENT TO TREATMENT LIMITATION
AND WAIVER OF LIABILITY**

In partial consideration of our child's acceptance into the St. Xavier Speed & Agility Development Camp, I/We as parents and/or legal guardians of

Name of Student:

do hereby agree to limit the liability of the St. Xavier Speed & Agility Development Camp, and St. Xavier High School, its employees, agents, officers, staff, and physicians, to the coverage of the medical insurance policy covering athletes in the St. Xavier Speed Development Camp as explained in this brochure, which we have read and understand. I/we further agree to waive all liability of the St. Xavier Speed & Agility Development Camp, St. Xavier High School, its employees, agents, officers, staff and physicians, for any accident, injury (including death), illness or other mishap, which might befall the above-named camper while traveling to or from, or during his attendance at the St. Xavier Speed & Agility Development Camp, which is not covered by said medical insurance policy.

Further, I/we hereby grant permission to the staff and physicians of St. Xavier High School, any medical or surgical consultant deemed advisable, and any hospital to render to the above-named camper any medical and surgical treatment that they deem necessary.

I/we understand that all possible effort will be made to inform me/us in case of such treatment.

Parent/Legal Guardian Name (Printed)

Parent/Legal Guardian Signature

CAMP INFORMATION

WHERE

We will meet at the St Xavier High School Varsity Baseball Field

WHO

These camps are for ANY student who is serious about improving their speed, agility, and quickness and is entering grades 6-12.

WHEN

Tuesday and Thursday from 11:00 – 12:00 PM.

COST

SESSION 1 (Grades 6-12) only 30 spots
\$160 - 4 week program
\$135 - Group Rate (groups of 5 or more sent together)

SESSION 2 (Grades 6-12) only 30 spots
\$160 - 4 week program
\$135 - Group Rate (groups of 5 or more sent together)

TO SIGN UP, MAIL REGISTRATION FORM TO:

Speed Development Camp
c/o Carlo Alvarez
St. Xavier High School
600 North Bend Rd.
Cincinnati, OH 45224

Make checks payable to:

St. Xavier High School,
or Register on the web at
stxsportscamps.com

FOR FURTHER INFORMATION

Contact Carlo Alvarez
p: 513.761-7815 x.323 e: calvarez@stxavier.org

2009



**SPEED
&
AGILITY
CAMPS**

**Session 1
June 9 – July 2**

**Session 2
July 7 – July 30**

Discover How to Simultaneously Increase Speed, Strength, Power, Agility, and Flexibility

Are you looking for more speed, quickness, power and agility?

If you're like most athletes looking to move to the next level, then the answer is a resounding 'yes'!

No more wasting time on pointless drills and ineffective exercises that are at best useless and are often dangerous. In this information-packed, hands-on camp you will:

- Discover the **6-step process** to unmatched speed gains
- Learn a simple drill series that can **increase speed, power, agility and flexibility in just 3 minutes** a day!
- Learn the 4-stages to perfect form
- Learn and **fix mechanical problems**
- Know exactly what coaches for each sport are looking for when it comes to **speed for their sport**

Wouldn't it be great to stand out above the competition on the field and in the coaches' eyes? When you attend the St. Xavier Speed and Agility Camps you will!

CAMP SPONSORS



CAMP STAFF

Carlo Alvarez – Carlo is recognized as a leader in athletic performance, developing and implementing unique and breakthrough concepts in high performance training. He received his start in coaching at the University of Cincinnati and became the Strength Coach at St. Xavier in 1996. Carlo then worked at Notre Dame, the Cleveland Indians, and in 2002 became the Head Strength and Conditioning Coordinator for the Cincinnati Reds. Carlo currently serves as the Head Strength and Conditioning Coordinator at St. X. He is the founder of Ethos Athletics, a leader in the development and implementation of advanced training systems in the sports conditioning field at all levels of play.

Ron Hatten – He holds a B.S. in Exercise Science with a minor in Coaching from Miami University. Ron is the Assistant Strength and Conditioning Coach at St. Xavier High School. He works with the basketball, lacrosse, hockey and baseball teams. Additionally, Ron is a member of both the NSCA and SPARQ Network.

Ivan Fulton – is a graduate of the University of Cincinnati, where he was a three year starter for the Bearcat football team. He is currently an assistant strength coach at St. Xavier responsible for the Freshman Development Program. Ivan assists with the implementation and supervision of all 13 sports.

CAMPER INFORMATION

Name _____

Address _____

Phone number _____

Email address _____

School attending '09 _____

Sports played _____

Grade in Fall _____

Age _____

EMERGENCY CONTACT INFORMATION

Name _____

Phone number _____

Check all camps attending

Session 1:

June 9 - July 2 (T/TH)

Grades 6-12

11:00 AM - 12:00 PM _____

Session 2:

July 7 – July 30 (T/TH)

11:00 AM - 12:00 PM

Grades 6-12 _____