



McIntosh Baseball Summer Training

McIntosh baseball players will have 18 ninety-minute speed & movement sessions that will focus on Running Technique, Starts, Acceleration, Agility, Plyometrics, Flexibility, & Core strength.

Each athlete will also receive a SPEED Sports Performance **T-shirt**.

Dates: **Monday & Wednesday**/June 1st – July 31st

Time: **Mornings 9am – 10:30am**

Where: McIntosh High School – **except June 29th & July 1st will be at Speed Sports Performance Facility in Athletes U SportsPlex**

Cost: **\$225**

Please Register by **May 29th**

Online at www.SpeedSportsPerformance.com/camps or

Check Payable to SPEED Sports Performance at address below

REGISTRATION/RELEASE FORM

Athlete's Name: _____

T-Shirt Size (Adult): S__ M__ L__ XL__ XXL__

Parent or Guardian: _____ Grade Entering: _____

E-Mail Address: _____

Phone: _____ Sex: M__ F__

Sport Participating _____

In consideration of my child/dependent being permitted to attend and participate in speed camp activities I hereby agree to pay the above stated fee. Also, for myself, my child/dependent, my heirs, and personal representatives, do hereby waive, release, and discharge forever any and all claims for damages for bodily injury or death or damage or loss of property, that I or my child/dependent may have or that may accrue subsequently to me or to my child/dependent against SPEED Sports Performance and its trustees, officers, and employees arising from or attributable to my child/dependent's attendance at and participation in the speed camp activities. Further, I hereby give SPEED Sports Performance and its agents and representative's permission and a release to use as necessary my child/ dependent's name and photograph to promote and advertise speed camps. I have read, or have had read to me, this release and waiver of claims statement and understand and voluntarily agree to its provisions.

X _____
Signature Date Child/Dependent's name

Athletes U SportsPlex

611 Highway 74 South, Suite 811 Peachtree City, Georgia 30269

www.SpeedSportsPerformance.com

770-632-5432