

**Whitnall Youth Football and Cheer**  
**Speed, Strength, and Agility Camp**  
Summer 2010 June 22 - July 29 (Tuesdays and Thursdays)  
Whitnall, WI

WYF is offering a speed and agility camp to be run by Top Flight Training. The board is working with Top Flight to help get the children faster and more explosive with a strength, speed, and agility camp this summer. This camp is not mandatory; this is an option to help your son or daughter get quicker and more agile.

**WYF does not receive proceeds from this camp.**

Top Flight Training, in conjunction with WYF, is offering two camp levels:

**Basic:**

Emphasis will be placed on learning agility/quickness movements and drills. Campers will also refine their running form and core strength along with engaging in light plyometrics. Total cost for the six week session is \$60.

**Intermediate:**

Campers will work on their running form, rapid change of direction, explosive first step movements, and engage in plyometrics for muscle quickness. Emphasis will also be placed on core strength and agility/quickness movements and drills. This session lasts 30 minutes longer and will be more intense. Total cost for the six week session is \$60.

**The Top Flight Difference:**

**Coaching:** We believe in a 5:1 positive to negative response ratio. Top Flight works from where an athlete is to where they should be mentally and physically, based on training systems that have produced numerous conference, state, and national champions. Lower coach to athlete ratios means quality coaching.

**System:** Many camps only run for one or two days. Part of our success comes from periods of sustained cyclical training. Simply put, our six week camps give athletes more time for recovery and reflection, and the opportunity to develop muscle memory which leads to better performance.

*Top Flight Training: Where the best go to get better!*

*topflightone.com*

# Top Flight Speed, Strength, and Agility Camp 2010

Please make checks or money orders out to:

Top Flight Training  
PO Box 100549 Milwaukee, WI 53210

Last: \_\_\_\_\_ First: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Sex: M \_\_\_\_\_ F \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Camp Level: \_\_\_\_\_ Basic: grades 5-8 2 PM - 3:30 PM (\$60 for the six week session)

\_\_\_\_\_ Intermediate: grades 9-12, 2 PM - 3:30 PM (\$70 for the six week session)

## Camp Dates:

**June 22 - July 29** (Tuesdays and Thursdays)

## Location:

### Whitnall High School Football Practice Field

I hereby grant permission for my son/daughter to attend the Top Flight Speed, Strength, and Agility Camp. I also grant Top Flight permission to act on behalf of my child according to their best judgment in any emergency requiring medical attention and hereby waive the Top Flight Camp staff and/or Whitnall Youth Football, from any and all liability incurred while at camp.

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Date: \_\_\_\_\_

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