



***Lumberton All- Sport
Speed and Conditioning
Camp
2010***

Learn how to run faster and efficiently for:

Football Soccer Softball Track Basketball Baseball Lacrosse Tennis

The “Lumberton All-Sport Speed Conditioning Camp” each athlete will receive 5 days 2 hours each day instructional lessons on how to improve their speed for all sports.

Cost is \$125.00 for the week camp a total 10 hours of training that will improve your athletic agility and basic conditioning.

**July 12 - 16, 2010
8:30am until 10:30am for ages 6 to 10 years
And ages 11 to 17 years**

Please check here if you do not wish to be included in our electronic Recreation Newsletter_____

Name _____ Age _____ Grade _____

Address _____ Email _____

Phone _____ Parent/Guardian Name _____

Emergency Contact _____ Telephone# _____

Any physical restrictions or allergies? Please list: _____

Sport Interest _____ Sport now playing _____

Please READ/SIGN _____, has my permission to participate in all activities of the above registered program. In case of emergency, I authorize the programs assigned personnel to administer emergency first aid treatment, transport my child to the nearest hospital if necessary, and notify me as quickly as possible. I understand that proper supervision is provided for all programs. However, in the event of an emergency due to accidents beyond their control, I hereby release Lumberton Department of Recreation, its supervisors, employees, sponsors, and program volunteers, from all liability.

Parent/Guardian Signature **Date**

Date paid _____ Rec'd by _____ Check# _____ Amount\$ _____