


SPEED & AGILITY CAMPS



TOTAL SPEED & FITNESS

Want to learn the secrets of becoming fast, quick, agile, coordinated, and strong??

Come to  Speed & Agility Camps this Summer-2019 and let us help your young athlete improve their **running form**, foot quickness, strength, and conditioning with our state of the art techniques and equipment. From elementary to middle school to high school and college, we have helped athletes of **ALL** ages improve their speed, agility, and quickness! For athletes **8 years old and older**. Cost: \$110

Speed & Agility #1: June 3-6 8:30-10:30 a.m.
 Speed & Agility #2: June 10-13 8:30-10:30 a.m.

FOR MORE INFO CALL **KAY STUBBS** at 512-627-1600 | www.totalspeedandfitness.com

REGISTER NOW TO SAVE \$\$\$\$!

Take \$5 off your TOTAL registration fee when postmarked/received by June 2, 2019!

CAMPS MEET AT CIRCLE C METRO PARK

(6301 W. Slaughter Lane, Austin, TX 78749)

***** CUT BELOW and return with payment made to: **KAY STUBBS** or **TOTAL SPEED & FITNESS** 10511 Walpole Ln., Austin, TX 78739 *****



Personal Information (Please Print Clearly)

Camper Name: _____ Sex: Male/Female Age: _____ Birthdate: _____
 Home Address: _____ City: _____ Zip: _____ School-Fall '19 _____
 Parent/Guardian: _____ Cell #: _____ GRADE entering Fall '19 _____
 E-mail: _____ Emergency Contact: (name) _____ Phone: _____

CHECK ALL Sessions you would like to attend.

CAMPS	<input checked="" type="checkbox"/>	DATES	COST per session	Subtotal
Speed & Agility #1	<input type="checkbox"/>	June 3-6 (Mon-Thur) 8:30-10:30 a.m.	\$110	
Speed & Agility #2	<input type="checkbox"/>	June 10-13 (Mon-Thur) 8:30-10:30 a.m.	\$110	
			Less June 2 th postmark discount	-
Adult T-shirt size:		(circle one) S M L XL	TOTAL	

