Fox Chapel Area School District
2019 Strength and Conditioning Camps

Fox Chapel Area's strength and conditioning staff is offering developmental camps open to all elementary and middle school students. **Space is limited. Register today!**

Elementary S&C Camp	**Speed and Agility Camp**
Instruction will concentrate on functional movement patterns, injury prevention and speed and agility training. Athletes will use bodyweight or light weight during training sessions.	Instruction will focus on fundamental running mechanics, drills and strength building exercises. The goal of this camp is to help participants improve acceleration, deceleration, lateral and linear speed. This camp will also teach participants knee and ankle injury prevention exercises to reduce the risk of injury during their athletic careers.
Entering 2nd - 6th Grade Fall 2019	**Entering 2nd - 8th Grade Fall 2019**
Session 1: 6/18/19-7/11/19 T/TH 9:00 – 10:00 AM (no workout July 4th)	**Session 1:** 6/17/19-7/10/19 M/W 9:00 – 10:00 AM
Session 2: 7/16/19-8/8/19 T/TH 9:00 – 10:00 AM	**Session 2:** 7/15/19-8/7/19 M/W 9:00 – 10:00 AM

Cost: $80 for first camp. $70 for each additional camp/session. (Ex. Total $150 for strength w/ additional speed camp)

Features:

- **Camp T-Shirt**
- **Age appropriate Instruction with a focus on fundamentals**
- **Safe and structured learning environment**
- **Fun games and competitions**
- **Personal instruction from certified strength coaches and varsity athletes**
- **Please contact Brandon Peifer at Brandon_Peifer@fcasd.edu for more information**

Camper Name: _____ Grade (Fall 2019)_____

Camp(s) circle selection(s): **: Elementary Session 1 ($80) Elementary Session 2 ($80)**

Speed and Agility Session 1 ($80) Speed and Agility Session 2 ($80)

Address:_____

School:_____ Phone:_____

Parent Email:_____

Emergency Contact: NAME_____(Phone)_____

I hereby approve of my child's attendance and participation in the Fox Chapel Area Strength and Conditioning Camp. I certify that he/she is in good health and able to participate in all activities. I hereby waive and forever release the Fox Chapel Area School District and the clinic staff from all liability for any injuries or illnesses that may incur. Please attach a note explaining any physical limitations or medical conditions. **Parent/Guardian Signature:_____**

T-Shirt Size (Circle ONE) Adult: XL L M S Youth: L M S

Please complete and mail the bottom portion of this sheet along with money/check made payable to: Fox Chapel Athletics 611 Field Club Road Pittsburgh, PA 15238