

Fox Chapel Area School District Summer 2021 Sports Performance 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 Sports Performance Camp	Speed and Agility Camp	
Instruction will concentrate on functional movement	Instruction will focus on fundamental running mechanics,	
patterns, injury prevention, speed, agility and quickness.	drills and strength-building exercises. The goal of this camp	
Athletes will use body weight, resistance bands and/or	is to help participants improve acceleration, deceleration,	
very light weights during training sessions.	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 2 nd - 6 th Grade Fall 2021	Entering 3 rd - 8 th Grade Fall 2021	
Session 1:	Session 1:	
6/15/21-7/8/21	6/14/21-7/7/21	
T/TH 10-11 a.m.	M/W 10-11 a.m.	
Session 2:	Session 2:	
7/13/21-8/5/21	7/12/21-8/4/21	
T/TH 10-11 a.m.	M/W 10-11 a.m.	

Cost: \$70

Features:				
	 Camp T-shirt 			
	 Age-appropriate instruction with a focus on fundamentals Safe and structured learning environment 			
	0	Fun games and competitions		
	 Personal instruction from certified strength coaches and varsity athletes 			
	0	lease contact Brandon Peifer at <u>Brandon_Peifer@fcasd.edu</u> for more information		
COVID:	he PA Department of Health COVID mitigation			
Camper Name:				
Camp(s)	circle s	election(s): Elementary Session 1 (\$70) Speed and Agility Session 1 (\$70)	Elementary Session 2 (\$70) Speed and Agility Session 2 (\$70)	
Address	:			
	School: Phone: Phone:			
Parent E	mail:			
Emergency Contact: Name		ontact: Name	Phone	
I hereby app good health	orove of and abl	my child's attendance and participation in the Fox Chapel Are le to participate in all activities. I hereby waive and forever rele any injuries or illnesses that may incur. Please attach a note es	a's Sports Performance Camps. I certify that he/she is in ease the Fox Chapel Area School District and the clinic staff	
Parent/0	Guard	dian Signature:		
		T-Shirt Size (Circle ONE) Adult: S M	L XL Youth: S M L	

Please complete and attach a check made payable to <u>Fox Chapel Athletics</u>

Completed registrations should be mailed to: Fox Chapel Athletics, 611 Field Club Road, Pittsburgh, PA 15238