



HOLY FAMILY SUMMER SPEED & AGILITY CAMP

Ridgeview Speed and Agility is designed to help the student-athlete train over the summer to get ready for their upcoming sports season. Training is done on-site at Holy Family so there is no need for travel.

Our staff of athletic trainers, many with Master's Degrees in exercise physiology, has designed a program to help your student athletes get faster, stronger and more agile. Professional programming and supervision will ensure that they are using proper technique and they gain the greatest benefit to enhance their sport performance. We also put our young female athletes in a group of their own to work on proper technique for ACL prevention.

Our goal is to provide student athletes with a strategic training program that will enhance their athletic performance and ensure their cardiovascular readiness for their upcoming season. Our instructor to athlete ratio is favorable to ensure proper technique and attention.

Program Details

- **8 week program**
- **Mondays and Wednesdays, June 13-Aug 3 **No camp July 4.**
- **10 – 11 a.m.**
- **Cost: \$300.00**
- **Registration Deadline May 15, 2011**

Reserve your spot today by mailing in the registration form with your payment. If you have any questions regarding this program please contact Nichole Gross @ 952-442-7850 x5882 or nichole.gross@ridgeviewmedical.org

Name _____

Address _____

Phone _____ Email _____

School _____

All above information is required.
Emergency contact and release forms will be sent after registration is received.

Mail completed form and check payable to RMC. No refunds after June 1.
Ridgeview Summer FIT Camps
Ridgeview Rehab Specialties
560 South Maple Street

Waconia, MN 55387