

Participant's Name: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

(Cell) \_\_\_\_\_

Relationship to Participant: \_\_\_\_\_

PARTICIPANT INFORMATION: Please check the correct response and fill in any necessary information.

- A. Is the participant allergic to anything? Yes ( ) No ( )  
If yes, please list \_\_\_\_\_
- B. Is the participant currently taking any medication? Yes ( ) No ( )  
If yes, please list \_\_\_\_\_
- C. Photo permission. Pictures may be taken at programs. We encourage parents to allow photos to avoid isolation of participants during photo sessions. Pictures are used for scrapbooks, publicity, or brochures. By signing this wavier you are also granting permission for photos to be taken.

EMERGENCY TREATMENT & TRANSPORTATION PERMISSION:  
In case of accident or injury, **High Performance Training** needs parental or guardian permission for emergency treatment and transportation. A signature below grants this permission.

INSURANCE INFORMATION: Health, medical, and hospital coverage is the responsibility of the participant, parent or guardian.

Insurance Co: \_\_\_\_\_

Policy#: \_\_\_\_\_

HOLD HARMLESS-INDEMNITY RELEASE FOR PARTICIPANTS, CAMP WAVIER & RELEASE OF ALL CLAIMS:  
Please read this form carefully and be aware that in signing up and participating in this program you will be waiving and releasing all claims for injuries you might sustain arising out of this program. "As a participant in this program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I or my child may sustain as a result of participating in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I may have as a result of participating in the program against CYFA, **High Performance Training** and their officers, agents, servants and employees". I have read and fully understand the above program details and wavier and release all claims.

Signature(s): \_\_\_\_\_

Please print name: \_\_\_\_\_

Date: \_\_\_\_\_

## From The Coaches

**"Our mission in the High Performance Training session is to improve the athletic performance of the motivated athlete."**

*-Coach Bill Stewart*

**"Speed is the one aspect that every coach, parent, and athlete understands. It's pretty simple... faster is better. Our program has proven results for the serious minded athlete."**

*-Coach Josh Shaw*

### Contact Us

**Josh Shaw (Camp Director)**

**(770) 926-3134**

***joshua.shaw@cherokee.k12.ga.us***

**Bill Stewart**

***bill.stewart@cherokee.k12.ga.us***

# High Performance Training Camp

**Speed, Explosion, Agility, Quickness**



**2 week session (June 1-11 ) and a 2 week session( June 21—July 1) Mon-Wed-Thurs (6 pm - 7 pm) and a bonus day on Tuesday ( 4:00-5:00)**

**Ages 10 - 18**

**Site to be announced**

# About The Coaches

High Performance directors **Bill Stewart** and **Josh Shaw** come to you with **over 30 years of coaching experience** between them. They understand the physical requirements of competing at the highest level. They have used this experience and countless clinics to develop strategies that teach other athletes how to enhance their performance and reach their fullest potential. Over the past three years they have trained **36 all county football players** and **5 all state selections**, along with the **Cherokee County Player of the Year** and **MVP**. Also, they have **signed 28 players to athletic scholarships**.

# What Is Included In Our Training

- Sprint mechanics
- Explosion drills
- Assistance speed training
- Resistance speed training
- Quick foot drills
- Acceleration development

# What To Bring

Be Dressed In: T-Shirt  
Gym Shorts  
Tennis Shoes

Equipment: Water bottle  
Towel

# High Performance Training

Speed, Explosion, Agility, Quickness

Whether it be tennis, basketball, football, soccer, etc.; speed improves performance in an athlete. Improving speed and agility is an absolute must in today's sports. **THE SIMPLE FACT IS, ANYONE CAN IMPROVE THEIR SPEED NO MATTER WHAT THEIR SKILL LEVEL IS.** Speed is not just genetics, as once thought. It has been scientifically proven numerous times that everyone can learn how to increase their speed, quickness, and agility. Bill Stewart, Head Football Coach at Etowah High School, in coordination with Josh Shaw, Head Track and Strength Coach at Etowah High School; have put together a proven method for speed enhancement. This is a five week (two week and three week sessions), comprehensive, speed training program. The athlete will be trained in drills that will increase speed and agility. Along with specific drill work, the athlete will gain the basic knowledge and techniques for form running.

## What Our Athletes Are Saying...



"Using their speed training methods, I increased my forty time from 4.69 to 4.44 in just six weeks."

*-Buster Skrine*

*(1st Team All State DB, County Player Of The Year, Full Scholarship To UTC)*



"Coach Stewart's training methods helped improve my work ethic and self discipline. It taught me how to succeed even when all odds are against me."

*-Tyler Hodgson*

*(1st Team All State OL, 1st Team All County, Scholarship To Mars Hill)*

# High Performance Training

Registration form

Cost: \$150 (2 weeks session one)  
Cost: \$150 (2 weeks session two)

Camper name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

Emergency Phone #: \_\_\_\_\_

- Make checks payable to CYFA
- Send payment and registration form online through the CYFA website <[www.cyfa.org](http://www.cyfa.org)>
- Mail this page to CYFA Camps, 1426 Townelake Pkwy, Woodstock, GA 30189. Suite 102-364