

Release of Liability:

In case of medical emergency, I understand every attempt will be made to contact the parents or guardians. If they cannot be reached, I hereby give my permission to the physician selected by the clinic to hospitalize and secure medical treatment for my child.

The person enrolling at Razor Sharp Fitness Speed & Agility Camp and his/her parent(s) or legal guardian(s) assume all risk of loss of property or injury to the person, including resulting in death caused by or incidental to dangers associated with speed and agility activities and agree that there are certain inherent dangers to speed and agility participation and therefore, agree to Razor Sharp Fitness, their owners, and employees harmless and specifically agree not to make any claim against Razor Sharp Fitness for any of these injuries which would normally be considered to be a normal risk associated with participation in speed and agility activity.

Signature (Parent or Guardian)

(Date)

Directions to Razor Sharp Fitness

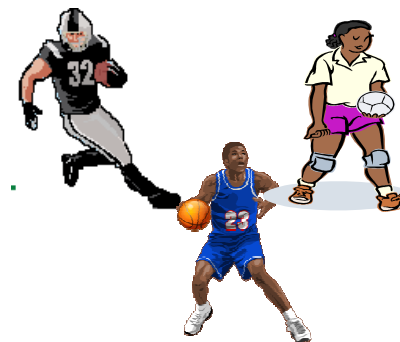
**Razor Sharp is located on HWY
20 (Washington Ave) on the
frontage across from Case High
School.**

7300 Washington Ave

Racine, WI 53406



Razor Sharp Speed & Agility Camp July 21st—30th



**Razor Sharp Fitness
7300 Washington Ave
Racine, WI 53406
(262)321-0200**

**Space is limited so don't
delay.**

Deadline: July 16th

Razor Sharp Speed & Agility Camp

Razor Sharp will be hosting its first speed and agility camp this summer. The camp will run for 2 weeks on Tuesdays and Thursdays. The camp will consist of four 2hr sessions on July 21st, 23rd, 28th, and 30th from 1-3pm.

The first week will focus on strength & agility and the second week will focus on speed & power. The camp costs \$80 for a member and \$100 for non-member which includes a t-shirt.

The camp is designed for any athlete wanting to better their speed, strength, power, and agility. Athletes playing football, basketball, baseball, soccer, track, volleyball and any others that are interested in lowering their 40 yard dash time as well as learning the basics of running should attend.

*Must be at least 14 years old to attend.

Ernie Zuberbuehler, a personal trainer at Razor Sharp, will be running the camp. Brochures are available at the front desk or online at www.razorsharpfit.com, in the "What's New" section. If you have any questions please contact Mike Jelacic at (262)321-0200 or mjelacic@razorsharpfit.com.

Week #1 July 21st and 23rd

Week 1 will be focusing on strength and agility. The strength portion will be set up as circuit training. There will be several lifting stations targeting all muscles of the body set up that each person will rotate as a circuit. For the agility portion of the day, we will have various ladder drills set up and a jump rope station

Week #2 July 28th and 30th

Week 2 will be focusing on speed and power. For speed we will be working on sprinting and running in proper form. We will also have a shuttle run set up. For power we will be doing various ply metric workouts.



Ernie Zuberbuehler will be conducting the camp. Ernie is a personal trainer at Razor Sharp. Ernie is certified through the American College of Sports Medicine and is a graduate of the University of Wisconsin-Parkside where he majored in Health and Fitness Management. Ernie has 4 years of amateur boxing and is teaches "Body Bootcamp" and "Ringside" at Razor Sharp.

Razor Sharp Speed & Agility Camp Registration Form

Name: _____

Age: ____ (Must be at least 14 years old*)

Address _____

City _____

Phone #: _____

Sport(s): _____

Emergency Contact Information

Name: _____

Relation _____

Phone #: _____

\$80.00 Member: _____

\$100.00 Non-Member: _____

Cash____ Check____ Credit____

On Acct____ (Members only)

CC# _____

Exp Date _____

Make checks payable to Razor Sharp Fitness.

*** If child is a minor, a parent must sign the Release of Liability Form on the other side.**

Registration Deadline: Monday, July 13th

Please send payment and Registration Form to:

**Razor Sharp Fitness
7300 Washington Ave
Racine, WI 53406**