

Team First Camp Registration Form

First Name _____
Last Name _____
Date of Birth _____ Age _____
Address _____
City _____ Zip _____
Home Phone () _____
Emergency Phone () _____
Email _____

My son has my permission to attend the 2009 Team First Performance Enhancement Camp. I certify that my son is in good health and capable of participating in all activities. Further, by signing below, I agree to assume the risks associated with participating in the camp and release Team 1st, the camp director and staff from all liability except from acts of gross negligence.

Name of Parent or Guardian (Print) _____ Signature of Parent or Guardian

Camp Location
YMCA Edwardsville
Esic Center
1200 Esic Drive
Edwardsville, IL 62025

Contact Information

For camp specific information call
Andre Collins, Camp Director
(618) 692-6379
Email: team1st@yahoo.com
www.theteamfirst.com



"If you really want something, you can have it if you are willing to pay the price. The price means that you have to work better and harder than the next guy."

Vince Lombardi

Ages 9-13

Camp Dates

Sundays - 4:45pm - 5:45pm

January 11 - March 15

(1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/15)



TEAM FIRST

PERFORMANCE ENHANCEMENT

Building Leaders for Tomorrow

Purpose

The purpose of Team First Performance Enhancement Camp is to provide football performance programming using highly trained and educated performance enhancement specialists. The Team First Performance Enhancement Camp offers techniques to help individuals increase their speed and agility. Team First's goal is to build the complete football player by focusing on football specific movements at game speed.

\$20.00 per Session
The camp fee includes:

- **Small Group Training**
- **Agility Development**
- **Speed Development**
- **Core Development**



**YMCA Edwardsville
Esic Center**