



# *Speed and Agility Camp*

*Rising 2<sup>nd</sup> – 6<sup>th</sup> Grade*

*Boys & Girls*

*June 11<sup>th</sup>-14<sup>th</sup> 9am-11am*

**Get AHEAD of the game!!! Sign Up today –  
Only 20 spots available per session!!!**

Activities that will be covered:

- Functional multi-directional speed development
- Agility (change of direction)
- Running form and techniques
- Foot speed and stride frequency
- Proprioception (balance/spatial awareness)
- Flexibility (dynamic and static)
- Gross motor skills (coordination movements)
  - General – Age appropriate Strength – following the guideline of the NSCA (National Strength and Conditioning Association)
- Functional Core Strength (Abdominal and lower back)
- Acceleration

This is a great opportunity for your child to learn the fundamentals of proper movement for sport enhancement. **Athletic shoes and attire must be worn.** The cost is \$125.00. Please return application ATTN: to Harold Hilliard. Contact him for more information at 334-213-2133.

**\*\*What to bring:  
A Great attitude, Sunscreen and WATER\*\***

Camp Director: Harold Hilliard, M.A., CMAA, C.S.C.S.\*D, R.S.C.C.\*E  
(Certified Master Athletic Administration, Certified Strength and Conditioning Specialist with Distinction,  
Registered Strength and Conditioning Coach Emeritus)  
Director of Athletics and Strength and Conditioning Coordinator–Trinity Presbyterian School  
Contact info: (334) 213-2133 [hilliard@trinitywildcats.com](mailto:hilliard@trinitywildcats.com)



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Name: \_\_\_\_\_

Rising Grade: \_\_\_\_\_

Birthdate \_\_\_\_\_  
Mo/day/year

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

Cell Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Father's Name: \_\_\_\_\_ email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

List any allergies or medications \_\_\_\_\_

In case of emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Checks payable to Harold Hilliard - \$ 125.00  
Return payment to: Trinity Presbyterian School

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