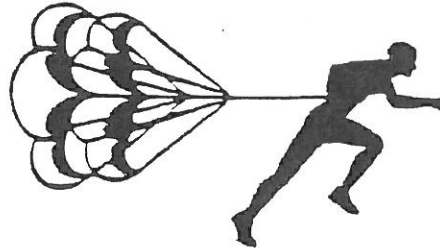


2009 4A
STATE CHAMPIONS !!

HERITAGE FOOTBALL
IN ASSOCIATION WITH
PATRIOT YOUTH SPORTS
PRESENTS THE



2010



YOUTH

SPEED CAMP

THIS CAMP WILL CONSIST OF INSTRUCTION AND ACTIVITIES AIMED
TOWARDS IMPROVING A YOUNG ATHLETE IN THE FOLLOWING AREAS:
SPEED - QUICKNESS - AGILITY - EXPLOSIVENESS
FLEXIBILITY - AEROBIC CONDITIONING

THIS CAMP IS OFFERED TO ALL ATHLETES ENTERING GRADES 5-8.
COST - \$40

CHECKS payable to: HERITAGE SUMMER WEIGHTS

DATES: JUNE 14-17 TIME: 8 A.M.- 9:30 A.M.

- * CAMP WILL MEET ON HHS FOOTBALL FIELD
- * WORKOUT T-SHIRT PROVIDED FOR EACH CAMPER

----- please detach and mail with payment **TODAY** -----

RETURN TO: MIKE GRIEBEL 1401 W. GEDDES AVE. LITTLETON CO 80120

* T-SHIRT SIZE _____

NAME: _____ GRADE: _____ PHONE: _____

ADDRESS: _____ CITY: _____ ZIP: _____

I approve of my child's attendance at the YOUTH SPEED CAMP and certify that he /she is in good health and able to participate in the activities. I recognize that injuries can result from athletic activities and I hereby authorize the camp director or his staff to act for me according to their best judgement in any emergency requiring medical attention, including treatment by physicians.

PARENT/GUARDIAN SIGNATURE: _____

HEALTH INSURANCE CO: _____ POLICY #: _____

**IF YOU NEED MORE INFORMATION, CALL COACH MIKE GRIEBEL AT
HERITAGE HIGH SCHOOL, (303) 347-7647.**