

Brents' SAQ Summer Camps 2010

As a U.S.SAQ certified trainer,during the past 16 years I have worked with hundreds of athletes from the little league level to the professional level. My program is designed to take your individual performance to the next level by improving your speed,agility ,power, quickness, balance and vertical jump. My program begins with a dynamic warm-up and moves on to my SAQ workout. Please show up on time.

Group 1 (High School Seniors & College athletes)

Group 2 (8th Grade-- 12th Grade)

Group 3 (Youth Group -Ages 9--14)

Camp Dates: Groups 1&2 June 21,2010--August 6,2010 (Mon, Wed & Fri)

Group 3 (Youth Group) June 23,2010--August 20,2010 (Wednesdays & Fridays)

Camp Times: Group 1 5:00p.m.--6:30p.m. Group 2 6:30p.m.--8:00p.m.

Group 3 9:00a.m.--10:30a.m.

Please check one- ()Group 1 ()Group 2 ()Group3 (No one will be allowed to work up, you must check the grade or age appropriate group).

Camp Cost: Groups 1&2 \$420.00 Group 3 \$360.00

Due Dates: June 7,2010

Camp Location: J.J.Pearce High 1600 North Coit Rd. Richardson Tx,75080
& Jeromes Gym 2100 North Greenville Ave Suite 100 Richardson Tx,75080

Items needed for Camp: water, towel,cleats (football or soccer)
and running shoes.

Athletes Name:_____ Parents Name:_____

Address:_____ City:_____ State:_____ Zip_____

Home Phone#:_____ Wk. Phone#:_____ Cell#:_____

EMAIL_____

Athletes Age:_____ Next School Grade:_____ Sport(s):_____

Male:_____ Female:_____ Payment Type:()Cash ()Check

Parents Signature:_____

Date:_____

Please be sure to mail your signup sheet, release form and payment by the due date. It is not recommended to wait until the due date to turn in this information because of the limited number of spaces. This will be on a first come first serve basis. Please be sure to call or email us before sending in your payment to check availability

Make checks payable to Billy Brent
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214/529-4228

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