



**Velocity Sports Performance™**



**SUMMER PERFORMANCE SERIES**

**Why Do *You* Train?™**

## FOOTBALL SKILLS & SPEED CAMP

You can't become a better football player by just playing more football. You need to improve your overall athleticism and skills. The Velocity Sports Performance Nike Summer Performance Series will focus on:

- Developing explosive Power
- Increasing your Speed
- Improving agility on the field
- Reducing the likelihood of injury



This camp features both football skill instruction and Velocity Sports Performance's unique and proven version of Nike SPARQ Training. Players will work with college & high school coaches as well as NFL Veterans to develop football fundamentals. The camp will also focus on mental aspects of the game with motivational talks that provide important mental skills training. Train with our degreed and certified coaches and take your game to the next level. Here is a list of a few of the NFL / College Players who have trained with us:

Jamaal Charles, RB, Kansas City Chiefs	Chad Henne, QB, Miami Dolphins	Trevor Laws, DT, Philadelphia Eagles
Clay Matthews, OLB, USC	Keith Rivers, LB, Cincinnati Bengals	Brian Brohm, QB, Green Bay Packers
Mark Sanchez, QB, USC	John Carlson, TE, Seattle Seahawks	John Sullivan, C, Minnesota Vikings
BJ Raji, DT, Boston College	Eric Wood, C, Louisville,	Thomas Howard, LB, Oakland Raiders
Patrick Turner, WR, USC	Donald Brown, RB, U Conn	Samie Parker, WB, Kansas City Chiefs



**DATES:** July 27 – 31 @ Palos Verdes Field TBD  
**TIME:** 9:00 – 12:00pm  
**AGES:** 3<sup>rd</sup> – 8<sup>th</sup> grade  
**COST:** \$199 before 6/15  
 \$249 after 6/16  
**Nike Dri Fit Shirt Included!**

In an effort to give back to the community, Velocity will donate part of the registration fees to PVYFC.



2607 Manhattan Beach Blvd. | Redondo Beach, CA 90278 | (310) 297-9001 | [www.velocitysp.com/southbay](http://www.velocitysp.com/southbay)

**BE A BETTER ATHLETE.**  
OFFICIAL PROVIDER OF NIKE SPARQ TRAINING



**Velocity Sports Performance**



## Velocity Football Skills & Speed Camp in Palos Verdes Registration Form

*I give my child \_\_\_\_\_ permission to participate in the Velocity Sports Performance Football Skills & Speed Camp. I understand that there is possibility for injury while participating in the camp, and agree to let the employees of Velocity Sports Performance act in their best judgment in case of sickness or injury. I hereby grant Velocity Sports Performance permission to use any photographs or videos of my child for promotional purposes. My signature below indicates that (1) I will not hold Velocity Sports Performance responsible if injury or sickness does occur, (2) my son/daughter is mentally & physically capable of participating in this camp, (3) his/her participation is voluntary and (4) I voluntarily permit his/her participation.*

**Player's Name:** \_\_\_\_\_ **School:** \_\_\_\_\_  
**Age:** \_\_\_\_\_ **Grade:** \_\_\_\_\_ **DOB:** \_\_\_\_\_  
**Club(s):** \_\_\_\_\_ **Sports Played:** \_\_\_\_\_  
**Parent's Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_  
**Cell Phone:** \_\_\_\_\_ **Home Phone:** \_\_\_\_\_  
**Alternate Contact:** \_\_\_\_\_ **Alt. Contact Phone:** \_\_\_\_\_  
**Email Address:** \_\_\_\_\_  
**Youth Football Organization:** \_\_\_\_\_  
**How did you hear about this Camp?** \_\_\_\_\_  
**Parent's Signature:** \_\_\_\_\_  
**Date:** \_\_\_\_\_

**Camp Cost: \$199 before June 15<sup>th</sup>, \$249 after June 16<sup>th</sup>**

*Please understand this camp is non-refundable. Thank you for your cooperation.*

**Total Amount:** \_\_\_\_\_

*(Make **Checks** payable to Velocity Sports Performance OR provide the following **Credit Card** information)*

**Cardholder Name:** \_\_\_\_\_  
**Payment Type:** \_\_\_\_\_ **Credit Card # (Visa or MC Only):** \_\_\_\_\_  
**Expiration Date:** \_\_\_\_\_ **CCV Code (on back of card):** \_\_\_\_\_  
**Signature:** \_\_\_\_\_



**Fax, Mail, or Email to:**  
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