



# RRC SPEED AND POWER

## WHO IS THIS 7-WEEK CAMP FOR?

- **Boys & Girls going into 5th and 6th grade**
- **Perfect for beginners who may be new(er) to training and guided exercise instruction**
- **Athletes of all sports and ability levels**

## CAMP DATES

- **Tuesday and Thursday, 8am-9am**
- **Starting May 28th**
- **Ending July 18th**
- **Off week-July 1-5th, 2024**

**PROGRAM FEE** 6 Week Youth Speed and Power Camp Fee – 14 Total sessions (pending weather conditions) **Register by May 17th, 2024, \$105, cap of 25**

Questions: Call Brittni at 507-920-6682

## WHAT TO EXPECT:

- **Build speed and explosiveness through proven exercise that transfers to your sport**
- **Don't train yourself into an injury! Learn safe exercise and performance techniques, taught by Brittni Baune, DPT and Cierra Fast, DPT**
- **Improve acceleration, strength, plyometrics, and agility mechanics**
- **Become a better overall athlete while having FUN**
- **Enter the season in-shape, stronger, FASTER, and ready to compete with GREATER CONFIDENCE!**
- **May 28, May 30, June 4, June 6, June 11, June 13, June 18, June 20, June 25, June 27, July 9, July 11, July 16, July 18**

# REGISTRATION PROCESS

**\*\*YOU MUST COMPLETE BOTH STEP 1 AND 2 TO BE FULLY REGISTERED**

1. Please use the following QR code and complete the online registration, **registration will be capped at 25 participants.**



2. Please cut and return the bottom portion of the registration with \$105 registration fee. Please **make checks out to RRC Community Ed. Mail to: Red Rock Central, c/o Community Ed, 100 6th Ave East/ PO Box 278, Lamberton MN 56152**

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I allow \_\_\_\_\_ to participate in RRC Speed and Power during the 2024 summer. I have my own insurance and understand RRC, Brittini Baune, and Cierra Fast are not liable for any injury that may occur during this camp.

*\*I have included the \$105 registration fee, CHECKS MADE OUT TO RRC COMMUNITY ED*

Parent Signature: \_\_\_\_\_