



Indiana University Health



Sports Performance

Speed and Strength Camp

What?

- Develop Explosive Power (first-step speed)
- Improve Vertical Jumping ability
- Improve Agility & Lateral Movements
- Develop Fundamental Strength, Power & Flexibility
- Reduce Injury Risk
- Increase overall Speed & Athleticism

Who?

- Any male or female athlete in 5th, 6th, or 7th grade

When?

- Monday and Wednesday
 - 6:30 – 7:30 PM
- Weeks of February 27th, March 5th, 12th, and 19th

Where?

- Fishers High School Weight Room

Cost?

- \$40 for eight sessions (four weeks)

Questions?

Call 848-JUMP or e-mail wwheeler@iuhealth.org

IU Health Sports Performance is a division of Indiana University Health Orthopedics and proud sponsor of Hamilton Southeastern School Corporation, including HSE and Fishers High Schools

Winter Strength and Speed Camp

Athlete Name: _____ Age: _____ Gender _____
 School: _____ Parent/Guardian Name: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Email Address: _____ Contact Number: _____
 Medical Information (list any medications, allergies or medical conditions) _____

Gender (X): Male _____ Female _____
 Payment: Check / Credit Card Credit Card Type: _____ Name as it Appears on Card: _____
 Credit Card Number: _____ Exp. Date: _____ CVV Number: _____
 Parent/Guardian Signature _____ Date: _____

**Mail Registration & Check Payments to: 1402 Chase Court Carmel, IN 46032 OR
drop off at FHS (Randy Wheeler)**

Registration & Credit Card Payments by Phone (317) 848-JUMP or Fax (317) 848-5865