



## ARE-U-READY FOOTBALL PREP CAMP 2010

Speed \* Strength \* Agility \* Power

### CAMP OVERVIEW

This is an opportunity for all Junior High Pop Warner Student-Athletes (current 8th Grade Students Only) to prepare for their transition and future in High School Football. The "Are-U-Ready" football prep camp will focus on developing athletes in four key areas (speed, strength, agility and conditioning) as it relates to the game of football. Each session will teach these vital football performance skills in the weight room, classroom and on the field which will greatly increase their chance for future success at the high school level.



### CAMP HIGHLIGHTS

**Weight Room Training:** Athletes will be under the direction of professional trainer, Jim Romero, owner of Athletes by Design and Director of Strength & Conditioning at Tesoro High School. Athletes will improve dramatically through proper teaching techniques for all Olympic and power related exercises. Records will be kept throughout the camp to show strength improvement throughout each session.

**Speed & Agility Training:** Athletes will be put through numerous drills and exercises to help improve footwork, lateral speed, and change of direction. Testing will also be recorded throughout the camp in the 40yd, pro shuttle and vertical jump.



### CAMP DETAILS

**Directed by:** Jim Romero- Director of Strength & Conditioning at Tesoro High School

**When:** January 4<sup>th</sup>-March 6<sup>th</sup> (Session I)  
March 15<sup>th</sup>-May 17<sup>th</sup> (Session II)

**Cost:** \$250 for one session; \$400 for both sessions

**Where:** Tesoro High School

**Training Slots:** Option #A (Mon/Wed. 5:30-7:00pm & Sat. 9:00-10:00am)  
Option #B (Tue/Thur. 5:30-7:00pm & Sat. 9:00-10:00am)

\*\*Each Session is limited to only 15 athletes per training slot so register today to ensure you get into camp. Spots will fill quickly!!!



# ARE-U-READY FOOTBALL PREP CAMP 2010 Registration Form

Player's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Current School: \_\_\_\_\_ Current Grade: 8<sup>th</sup> T-Shirt Size: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ Emergency Phone#2: \_\_\_\_\_

Parents Email: \_\_\_\_\_

**Liability Waiver:** I give my son \_\_\_\_\_ permission to participate in the Are-U-Ready Football Prep Camp directed by "Athletes by Design". In consideration for my registration into the camp, I hereby indemnify and hold harmless the Capistrano Unified School District, Tesoro High School, Athletes by Design and any of its officers, agents, or employees from any liability from all claims or action for any injuries sustained, or loses resulting from any form of participation by the registered person or the person's family. I recognize that athletic training can expose my son to medical risks not associated with their current activity level and thus hereby state that my son is physically fit to participate.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*Choose the sessions you are attending and the training slot you are attending for each session.

___ <b>Session #1</b> (January 4 <sup>th</sup> -March 6 <sup>th</sup> )	___ <b>Session #2</b> (March 15 <sup>th</sup> -May 17 <sup>th</sup> )
___ Mon/Wed 5:30-7:00pm & Sat. 9:00-10:00am	___ Mon/Wed 5:30-7:00pm & Sat. 9:00-10:00am
___ Tue/Thur 5:30-7:00pm & Sat. 9:00-10:00am	___ Tue/Thur 5:30-7:00pm & Sat. 9:00-10:00am

Choose Payment Option:    \_\_\_ One session \$250    \_\_\_ Both Sessions \$400 (savings of \$100)

*(Please make **Checks** payable to **Jim Romero** OR provide the following **Credit Card** information)*

**Circle Credit Card Type:** Visa or MasterCard

**Credit Card #** \_\_\_\_\_ **Expiration Date:** \_\_\_\_\_

**CCV Code** (on back of card): \_\_\_\_\_

**Signature:** \_\_\_\_\_

**\*Please mail completed registration form with payment to:**  
Athletes by Design, 4533 MacArthur Blvd. Suite.#570, Newport Beach, CA 92660.