

University of Notre Dame

10th Annual Strength and Speed Camp



WHO: FEMALE & MALE ATHLETES, GRADES 6-12
ALL SPORT COACHES WELCOME

WHERE: GUGLIELMINO ATHLETICS COMPLEX / LOFTUS SPORTS
CENTER / UNIVERSITY OF NOTRE DAME

WHEN: SATURDAY, APRIL 19th (prior to Blue-Gold Football Game)
8:00 A.M. – 12:15 P.M.

COST: PRE-REGISTRATION \$45.00-ATHLETE, \$30.00-COACH
(Mail-in by April 16th)

DAY OF REGISTRATION \$55.00-ATHLETE, \$30.00-COACH

GROUP RATE \$35.00, 5 or more athletes (Applications must be
sent together)

Topics to be covered:

PRINCIPLE & TECHNIQUES OF STRENGTH TRAINING,
FLEXIBILITY SESSION, AGILITY with SPEED LADDER, SPEED
DEVELOPMENT, STRENGTH TRAINING, POWER
DEVELOPMENT, PLYOMETRICS, SPORT SPECIFIC DRILLS,
NUTRITION SESSION.



**For more information: Rick Perry, 574-631-6059–
rperry2@nd.edu**

10th Annual Strength and Speed Camp APPLICATION FORM

Name _____

Street Address _____

City, State, Zip _____

Home Phone _____

E-mail Address _____

School, University, Club _____

Age (as of April 19, 2008) _____ Current grade in school _____

Sport (s) _____

Male Female

Athlete Coach

T-Shirt Size (Circle 1): S M L XL XXL

Camp Fees:

Pre-registration: \$45.00-Athletes, \$30.00-Coaches/Parents (mail-in by April 14, 2008)

Registration: \$55.00-Athletes, \$30.00-Coaches/Parents (day of the camp: April 19, 2008)

Group Rate: \$35.00-Athletes, 5 or more athletes-applications **must** be sent together

Make Checks or Money Orders Payable to: ***The University of Notre Dame***

Send registration and payment to:
Ruben Mendoza

Director of Strength and Conditioning
102 C Guglielmino Athletics Complex
Notre Dame, IN 46556



**2008 Notre Dame Strength & Speed Camp
Consent to Treatment Limitation & Waiver of Liability**

In partial consideration of our child's acceptance into the Notre Dame Strength and Speed Camp, I/We as parents and/or legal guardians of _____ do hereby agree to limit the liability of the Notre Dame Strength and Speed Camp, the University of Notre Dame, its employees, agents, officers, staff, and physicians, to the coverage of the medical insurance policy covering athletes in the Notre Dame Strength and Speed Camp as explained in this brochure, which we have read and understand. I/we further agree to waive all liability of the Notre Dame Strength and Speed Camp, the University of Notre Dame, its employees, agents, officers, staff and physicians, for any accident, injury (including death), illness or other mishap which might befall the above-named camper while traveling to or from, or during his attendance at the Notre Dame Strength and Speed Camp, which is not covered by said medical insurance policy.

Further, I/we hereby grant permission to the staff and physicians of the University of Notre Dame, any medical or surgical consultant deemed advisable, and any hospital to render to the above-named camper any medical and surgical treatment that they deem necessary. I/we understand that all possible effort will be made to inform me/us in case of such treatment.

Parent or Legal Guardian's Name (printed)

Signature

Phone: Day

Phone: Emergency



Camper's Health Form

To be completed and signed by camper's parents or legal guardians

Y	N	Asthma
Y	N	Bleeding Disorders
Y	N	Convulsions / Seizures
Y	N	Diabetes
Y	N	Head Injury / Concussion
Y	N	Heart Disease
Y	N	Rheumatic Fever

Allergies to drugs _____

Allergies to foods _____

Current medications _____

Last Tetanus Immunization (date) _____

Chronic or recurring illnesses _____

Operations / Injuries (including date) _____

Physical Restrictions* _____

Physician Telephone _____

Dentist Telephone _____

Medical Insurance _____

Policy Number _____

Parent Authorization / Release of Information

This health history is correct to the best of my knowledge and my son / daughter has my permission to participate in camp activities with the exception of those noted above.*

I authorize University of Notre Dame Health Services to release medical information regarding the above named participant to interested parties including parents and family physician.

PARENT OR LEGAL GUARDIAN MUST SIGN