

WILDCAT SPEED CAMP

Football, Track & Field,
Baseball, Softball, Basketball,
Field Hockey, Lacrosse, Soccer

- Learn the techniques to unleashing your speed potential.
- Improve sprinting efficiency.
- Learn the drills and exercises that are crucial to improving speed.
- Emphasis on improving flexibility and mobility.
- Improve start efficiency through correct technique.
- Train with a Division 1 collegiate coach.

Date: July 15-18

Time: 4:00pm—6:00pm

Place: Villanova University

Age: 12-17 yrs old

Cost: \$225.00

(CAMP SIZE WILL BE LIMITED)



Antony Williams *Camp Instructor*

Antony has served as Villanova's Sprint Coordinator for the past 14 years and has successfully elevated Villanova's Sprint / Jumps program to one of national prominence. His athletes have set numerous records at Villanova, The Big East and Penn Relays. Antony has coached 23 NCAA All-Americans in addition to leading numerous others to NCAA qualifying performances. Antony is a Junior College sprint All-American and two-time Jamaican Triple Jump Champion. Antony draws from his experience competing internationally and working under some of the top coaches in America while in college competing in Texas and Mississippi. Antony has received honors for the Big East Coaching Staff of the Year in 1994 and 2000.

Contact:

Antony Williams
610-519-4148



A part of Wildcat, Inc.



First Name: _____ Last Name: _____ Street: _____

City: _____ State: _____ Zip Code: _____ Email: _____

Parents Home Phone #: () _____ Parents Work Phone#: () _____

Age: _____ Grade Entering: _____ School Name: _____ Coach's Name: _____

_____ Male _____ Female Please register me for Speed Camp with my enclosed \$75 deposit.

Please list your event(s) / Sport: _____

Signature of Parent / Guardian:

MAKE CHECKS PAYABLE TO: Wildcat Track & Field Camp, Inc. Mail to: Antony Williams, Villanova University, 800 Lancaster Avenue, Villanova, PA 19085. No postponement, cancellation or refund deposit unless notification is received at least 4 weeks before camp begins. In that event, we will deduct \$50.00 of the advance deposit, returning the balances of the advance deposit. There is no refund fee if a camper leaves camp prematurely (in our medical staff's opinion, that camper will receive a credit slip for the unused time to be used within a one year period. No cash refunds.

