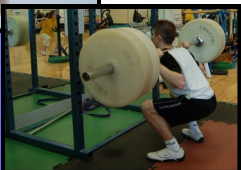
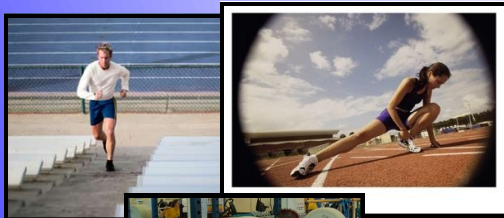


Camp of champs



Speed, Strength and Agility Training Camp



Make no mistake, Camp of Champs for Junior High and High School athletes can and will be hard! But you will not jump into a training program you are not ready for! To start off, each athlete is evaluated based on current level of ability and fitness. After the initial evaluation, a training program is designed. This program will be based on each athlete's previous experience, evaluation data, performance trainer recommendations and sport-specific training needs. Emphasizing on technique first, the training intensity will then be progressively increased. Each session affords an opportunity for athletes to get faster and stronger, PERIOD!!! No gimmicks, no sales pitches, just training more explosive, more intense, more personal and more thorough than any you'll experience.

Questions? Please email:

Morrison.Willis@gmail.com

Make checks payable to:

Willis Morrison III

Please mail payments to:

*Willis Morrison III
13510 White Tail Dr.
Tyler, Tx 75707*

2010 Camp of Champs Speed, Strength and Agility Training Camp

Athlete's Name: _____ Sports: _____ Gender: _____ Age: _____
Grade in Fall: _____ Parent/Guardian Name: _____ Phone: _____
T-Shirt: Y _____ N _____ *Please include additional \$10 for T-Shirt
T-Shirt Size: S M L XL XXL Email: _____

*Address questions and concerns to Morrison.Willis@gmail.com

*Please Make Checks Payable to: Willis Morrison III



Speed Sessions - Focusing on technique and attention to detail, these sessions develop top speed running mechanics and acceleration.

Agility Sessions - These sessions focus on an athlete's ability to decelerate and change direction safely and effectively.

Strength and Conditioning - Designed to increase fitness levels and improve general physical preparedness, these sessions have athletes sweating and smiling, while attaining the highest strength and conditioning levels possible.

Areas of Focus:

- Improved Reaction Time
- Acceleration Speed Techniques
- First Step Explosion
- Multi-directional Speed Drills
- Speed Endurance
- Proper running form
- Conditioning Drills
- Agility Drills
- Plyometric Training
- Improve Vertical
- Increased Strength and Endurance

Our goal is to help you improve your overall performance through the development of strength, speed, power, agility, endurance, balance, flexibility, injury prevention, post rehab strategies, nutrition education, and confidence.

Date:

May 31st – July 15th

Time:

High School 8:00AM–9:45AM

JR High 10:00AM – 11:45AM

Camp of Champs will be held weekly, Monday through Thursday.

Cost for the entire program is only \$199 per athlete.

About the Coach:

Willis Morrison grew up in Big Spring Texas. At the age of 9, Willis competed in the Junior Olympics as a speed skater, taking home the bronze medal. In high school Willis was named to the All West Texas Football Team. He also set many school



records and attended the state track meet in five different events. Willis continued his athletic career at the University of Arizona where he was a member of the football team. Since graduation, Willis has continued to stay active in the fitness industry gaining a certification in personal training.

Willis is dedicated not only to helping people achieve their physical fitness goals, but also helping develop athletes to the next level.



Parental Release Agreement

I hereby authorize the director and the instructor of the Camp of Champs Speed, Strength, and Agility Camp to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive the camp director and instructors from any and all liabilities for injuries and illnesses while attending the camp. I will be responsible for any medical and other charges in connection with my son/daughter's attendance at the camp.

Signature of Parent/Guardian: _____

Name of Insurance Provider: _____

Group/Policy/Id Number: _____

Emergency Contact and Phone Number: _____