



Sports Training Camp

Stay active over the holiday break while you learn the skills needed to become a better athlete! Our 3 day mini camp will include a variety of training techniques that are used to enhance quickness, improve balance and agility, develop speed, and build confidence. Athletes from all sports will benefit from our training, so register now!

The mini camp will be held at:
Carmel Creek Elementary School
4210 Carmel Center Rd. San Diego, CA 92130
December 27th - 29th from 9am to 12noon

You can register online at www.speedtoburn.com, or by filling out the form below and mailing it with your check payable to Speed To Burn for \$105 to: 991-C Lomas Santa Fe Dr., #132 Solana Beach, CA 92075. If you have any questions, please call (619) 672-0533.

www.speedtoburn.com

Speed To Burn's Holiday Mini Camp - December 2011

Athlete's name: _____ Date of Birth: _____ Age: _____

Parents' names: _____

Address: _____ City/State/Zip: _____

Telephone: _____ Email: _____

List any known medical conditions: _____

Please read and sign the following Waiver / Medical Release:

I hereby give my permission for any and all medical attention necessary to be administered to my child in the event of an accident, injury, or illness. I authorize Speed To Burn, Inc. to request medical treatment as necessary to insure the well being of my child. I also hereby waive and release Speed To Burn, Inc., and Staff from liability for injuries that may occur during training. I also understand that Speed To Burn, Inc. retains the right to use photos taken during training sessions for public and/or advertising purposes.

Parent / Guardian Signature: _____ **Date:** _____