

## Release and Indemnification Agreement

### Parental Permission Policy

1. Full Payment is due upon receipt of this application
2. No refunds shall be provided due to absences, withdrawals, or dismissal
3. Permission to administer an emergency medical treatment if a parent or guardian can not be contacted.
4. Permission to use photographs or video images for our brochure, website, or advertisements.
5. The camp reserves the right to dismiss any camper at it's discretion

Participant agrees to the release and Indemnification. Participant recognizes, understands, agrees to, and has instructed his/her child/children to follow the rules and regulations of the Friends Academy Summer Camp program, as the same are adopted from time to time. In further consideration of participant being allowed to take part in any one or more of the Friends Academy Sports Clinics and in view of various risks inherent to such camps. Participant hereby agrees to release and waive and to indemnify and hold harmless Friends Academy, it's officers, trustees, coaches, employees and agents from any claims of any nature whatsoever arising out of, or in any way relating to the activities thereof, as the same shall be determined from time to time by Friends Academy, in its sole discretion, and Participant's use of the facilities of Friends Academy. The foregoing release, waiver and indemnification shall apply to, without limitation, any claims of any nature whatsoever made with respect to or arising in any way out of Participant's participation in the Friends Academy Summer Camp program, and include but are not limited to claims by other Participants who maybe injured or damaged as a result of Participant's conduct. The term "Participant" used herein shall include the undersigned, any child for whom the undersigned, as parent or guardian, enrolls in the Friends Academy Summer Clinics, and any and all children, heirs, next of kin, assigns and personal representatives of them.

I have read and agree to the Parental permission policy , consent and release as described on this registration form.

Parents Signature \_\_\_\_\_

FA Summer Camp Locust Valley, NY 11560

Tel: (516) 393-4207 Fax: (516) 465-1720

FA Summer Camp  
Duck Pond Road  
Locust Valley, NY 11560



Ages 11-18yrs

# Speed & Agilty Camp

Aug. 2-13th

6 Sessions (Mon, Wed, Fri.)

5:30-7pm



FA Summer Camp  
Locust Valley, NY 11560  
Tel: (516) 393-4207  
Fax: (516) 465-1720

## "High Octane" Speed & Agility Camp

Our Speed Training Program is specifically designed for each athlete with a common goal to enhance foot speed, agility, power and flexibility.

Our training system consists of progressive exercises and instruction aimed at developing fundamental motor ability to enhance the capability of athletes to be more skillful at faster speeds and with greater precision. It is important to remember that the improvement of running speed is a complex process which is controlled by the brain and nervous system. In order for an athlete to move more quickly, the leg muscles have to contract more quickly, but the brain and nervous system also have to learn to control these faster movements efficiently. If you maintain some form of speed training throughout the year, your muscle and nervous system will not lose the feel of moving fast and the brain will not have to re-learn those proper control patterns.

## "High Octane" Speed & Agility Camp

Our Speed and Agility program is design for the serious athlete. It provides specific training for athletes of every sport, skill level, and age. It's focus is to

**Improve** speed, agility and strength

**Increase** vertical jumping ability, change of direction, foot speed, ability to accelerate, reaction time, first step quickness, explosive power, and flexibility.

**Build** better endurance

**Decrease** risk of injury

**6 SESSIONS from Aug. 2-13 (m,w,f)  
(Aug, 2, 4, 6, 9, 11, 13) 5:30-7pm  
LOCATION: Friends Academy Field House**

For a map to our campus you can visit us  
at [WWW.FASUMMERCAMP.ORG](http://WWW.FASUMMERCAMP.ORG)

## "High Octane" Speed & Agility Camp

Aug. 2-13th (Mon, Wed, Fri) (5:30-7pm)

Name

Address

Home Phone

Cell Phone/ Business Phone

Emergency Contact Number

Email Address

School

Grade Sept. 2010

Sports

**T-Shirt size: S M L XL XXL**

**COST -\$215 PER ATHLETE**

Please send your check and form to  
FA Summer Camps  
Duck Pond Road  
Locust Valley, NY 11560

**PLEASE READ AND SIGN THE BACK**