



# Speed, Conditioning, & Agility Panther Camp



[www.PantherCamps.com](http://www.PantherCamps.com)

**Camp Director:** Isaac Brooks- Paint Branch Girls Soccer Coach, Boys and Girls Indoor/Outdoor Track Coach Northeast HS, Salisbury State University

**Contact Info:** Phone Number (410)-963-2425. Email: Ike11888@yahoo.com

**Staff:** Sara Mayes- Salisbury University, Paint Branch Alumni, Former Girls Soccer and Girls Lacrosse Player  
**\*\*\*\* Also making appearances will be former Paint Branch Athletes\*\*\*\***

**What to Bring:** Running shoes, Sun Block, Towel  
**\*\*\*\*\*Water will be provided\*\*\*\*\***

**Location:** Camp will be held at Banneker Middle School 14800 Perywood Drive Burtonsville, Md. 20866

**\*\*\*\*\* We are committed to providing our campers with information and exercises on Speed, Agility & Conditioning to help enhance their athletic performance. \*\*\*\*\***

## Topics of Instruction

Proper Running Form

Nutrition

Hand Eye Coordination

Agility exercises

Speed exercises

Core Strengthen exercises

**AND MUCH MUCH MORE!!!!!!**

**We hope to see you there!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**



**WE AT THE PANTHER SPEED CAMP FELT THE NEED TO OFFER A QUALITY TRAINING CAMP FOR AGES 10-17. WE HAVE ALL WORKED FOR CAMPS THAT ARE MORE CONCERNED WITH MAKING MONEY AND LESS CONCERNED ABOUT PROVIDING THE TYPE OF INSTRUCTION THAT WE WOULD LIKE OUR HIGH SCHOOL PLAYERS TO HAVE.**

**WE ARE HERE TO BRING "THE PANTHER WAY" BACK TO SPORTS.**



# Panther Summer Camps 2010



Dates	Sport	Location	Coach	Times	Cost	Ages	Cost
June 21-25	Football	Banneker	Nesmith	9AM-3PM	\$170	8-14yrs.	
June 28-July 2	Coed Basketball	Paint Branch	Coleman	9AM-3PM	\$170	8-14yrs.	
June 28-July 2	Coed Soccer	Banneker	Brooks	9AM-3PM	\$170	8-17yrs.	
July 6-9	Coed Basketball	Paint Branch	Hardy/Podosek	9AM-3PM	\$135	8-14yrs.	
July 12-16	Baseball	Banneker	Rey	9AM-3PM	\$170	8-14yrs.	_____ Week 1
July 19-23							_____ Week 2
July 12-16	Softball	Banneker	Wiles	9AM-3PM	\$170	8-14yrs.	_____ Week 1
July 19-23							_____ Week 2
July 26-30	Girls Lacrosse	Banneker	Prietz	9AM-3PM	\$170	8-14yrs.	
Aug 2-6	Speed & Conditioning	Paint Branch	Brooks	8AM-12AM	\$115	10-17yrs.	
<b>TOTAL AMOUNT OF CHECK</b>							<b>\$</b>

**Camper Information**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

**Guardian Information**

Name (s): \_\_\_\_\_

Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_

Email: \_\_\_\_\_

**THE FOLLOWING MUST BE COMPLETED BY A PARENT OR GUARDIAN:**

I have had my child examined and certify that \_\_\_\_\_ is in good health and give my permission to participate in the activities during Panther Camps. I authorize Panther Camps and their coaching staff to seek medical attention if they feel it is necessary. I also release Panther Camps and their staff (coaches, trainers and managers) from any and all claims of injury sustained during the camp.

\_\_\_\_\_  
(Parent/Guardian Signature)\_\_\_\_\_  
(Date)

Does your son/daughter have medical insurance? \_\_\_\_\_

Does your son/daughter have any medical limitations? \_\_\_\_\_

**Payment options:**

- **Make Checks Payable to:**  
Panther Camps: P.O. Box 421 Burtonsville, Md. 20866
- **Register Online:** Log on to [www.PantherCamps.com](http://www.PantherCamps.com) to pay by credit card.

**Cancellation Policy-** A \$25 administrative fee will be charged for any cancellations.**Questions??** Contact Camp Director Tommy Rey at (301) 317-6064 or email at [PantherCamps@gmail.com](mailto:PantherCamps@gmail.com)