

# Summer Youth Speed & Agility Camp

Speed and agility. These two common components are at the foundation of almost every physical activity, game, or sport. It is our goal to maximize each future student athlete's potential. Through a four-week long training camp, each student will work on running, jumping, agility, and plyometrics. The goal is to improve their overall athletic performance in a safe and supervised environment.

**When:** Every Tuesday, Wednesday, and Thursday in June  
4, 5, 6, 11, 12, 13, 18, 19, 20, 25, 26, 27

**Time:** 10:00-11:00 AM (5th and 6th)  
11:00-Noon (Junior High)

**Who:** Any student that will be entering 5-8 grades this fall

**Where:** Gym at Osmond Community School

**Cost:** \$100

Please sign and return the bottom portion to the school by May 10, 2023

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Student's Name: \_\_\_\_\_

Grade in 24/25 school year: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Please make checks payable to Osmond Community School