

Bishop McGuinness Athletic Performance Camp

July 18th-July 22th
9am-1pm

Rising 8th-12th Graders



\$125 per participant

Make checks payable to Bishop McGuinness High School

Bishop Athletic Performance Camp is designed to help improve overall athletic ability for high school athletics. Participants will be trained and educated in the following areas:

Proper Weightlifting Technique
Strength Training
Speed Training
Recovery and Injury Prevention

Flexibility Exercises
Nutrition
Agility and Conditioning Drills

Instructors:

Lee Coble CFT

Brittany Price, M.S., LAT, ATC

Each camper should bring snacks and drinks which can also be purchased daily.

For more information or to register, contact Lee Coble at lcoble@bmhs.us or Brittany Price at btprice@novanthealth.org

Please fill out the form below and mail to: **Bishop McGuinness High School**
- C/O Lee Coble, 1725 NC HWY 66 South- Kernersville, NC 27284

Camper's Name: _____

Grade: _____ D.O.B: _____ School: _____

Emergency Phone Number: _____

*Contact e-mail address: _____

**** Make all checks payable to: Bishop McGuinness High School**

Waiver: I, as parent / guardian of the participant named above, understand that the athletic performance camp can involve contact, running and jumping which, unfortunately, can lead to injuries or sickness. By signing this form, I agree not to hold Bishop McGuinness Catholic High School, its' staff or administration or any camp volunteer or guest liable for any injury or sickness my child sustains during the athletic performance camp.

Parent / Guardian Signature _____

Date Signed _____