

I have read this brochure. I understand that there is risk of injury while participating in high intensity physical conditioning. In the event of an illness or injury, I authorize the Bulldog Football staff to seek appropriate medical treatment, in the event that the parents cannot be reached. I also agree that FASDOGS Speed Camps or GPS are not liable in the event of an injury or illness. I understand that the camp provides no insurance and that the participant is responsible for any medical expenses that might occur.

Parent of the Student Athlete Sign Here

ATTENTION!

The **FASDOGS** Speed Camp is a high intensity training camp. Every participant should have a physical prior to the start of camp. Please attach a **copy** of the physical to the enrollment form. If you use an AAA approved physical form, it will carry over for 12 months. If you turned the physical into the school, you do not have to attach a copy.

Total cost of FASDOGS: \$80.00 Paid before July 1
\$100.00 after July 1

Please detach and send application, payment, and copy of physical to:

Rick Jones
Greenwood High School
501 Bulldog Loop
Greenwood, AR 72936

**Please make checks payable to:
Greenwood Athletic Department**

If you have questions, please call Rick Jones
@996.2672 or 996.4141 or email at:
rick.jones@greenwoodk12.com

FASDOGS QUARTERBACK TRAINING PROGRAM

Every Monday, Tuesday, and Thursday during FASDOGS Speed Camp, except for the first and last day, Coach Jones will have a quarterback training program for quarterbacks. If you attend QB School, you must do your regular workout either before or after the QB workout.

- Grades 6 - 12
- Session: 8:00 - 9:00 a.m. (will last approximately one hour.
- Each participant should provide their own football.
- FREE to any athlete enrolled in the FASDOGS Speed Camp.
- Limited to only 12 quarterbacks
- **Each quarterback must have prior approval from Coach Jones before entering the program.**

PARENT WORKOUT DAYS

All parents are invited to workout FREE on July 9 and July 18. Parents who wish to enroll in FASDOGS are eligible for the 10% family discount.

FASDOGS
SPEED KILLS STRENGTH PUNISHES
SPEED CAMP
2019

Speed & Strength
Development

July 8th - AUG 1

FASDOGS SPEED AND STRENGTH CAMPS 2019

Name _____
 Address _____
 City _____ Zip _____
 Home Phone _____
 Father's Name _____
 Father's Cell _____
 Mother's Name _____
 Mother's Cell _____
 Emergency Contact & Phone Number:
 1. Name _____ Phone _____
 2. Name _____ Phone _____
 Fall 2019 Grade _____
 Have had a physical in 2019? Yes No
 Is your parent a GPS employee? Yes No

Please check the Camp/Camps you plan on attending:

- 6:30 a.m. Grades 10th-12th
- 7:30 a.m. Grades 8th-9th
- 8:30 a.m. Grades 6th-7th (Female Weights)
- 9:00 a.m. Females
- 9:30 a.m. Grades 3rd-5th
- Quarterback School Grades 7th-12th (Must have pre-approval by Coach Jones) Call or email Coach Jones prior to start of camp.

Total Amount Enclosed \$ _____
 A 10% discount is available to families with 2 or more enrolled in FASDOGS and to employees of GPS.
YOU MUST SIGN ON BACK!

FASDOGS

WORKOUT TIMES

- 6:30 - 8:00 Grades 10-12 Speed Training & Weights
- 7:30 - 9:00 Grades 8-9 Speed Training & Weights
- 8:30 - 9:30 Grades 6-7 Speed Training & Weights
- 8:30 - 9:00 Female Weights Speed Training
- 9:00 - 10:00 All Females Grades 8-12
- 9:30 - 10:30 Grades 3-5 Speed Training

WHAT IS FASDOGS?

FAS (fundamentals, agility, & speed) DOGS is a 4 week speed and strength development program for any athlete, between the 3rd and 12th grade that wants to improve his/her athletic performance. The emphasis is on improving speed, quickness, lateral movement, agility, & strength. The program incorporates the latest coaching techniques in speed and strength training. Every athlete can benefit from enrollment in this program by improving his/her speed, strength, quickness, and explosiveness.

Athletes in soccer, football, softball, basketball, baseball, and track have attended the camp and improved their ability to compete.

FASDOGS

A FOUR WEEK SPEED AND

STRENGTH

DEVELOPMENT

PROGRAM FOR ALL

ATHLETES

GRADES 3 - 12+

July 8-11, 15-18, 22-25

July 29 - Aug 1

Mondays-Thursdays