



TOP FLIGHT

Advanced Skill Development Speed and Agility Camp

Sep/Oct 2011 (Mother of Good Counsel)

Become quicker, faster, stronger, and confident by participating in Top Flight's speed and agility training. Campers will develop or refine their running form, foot speed, core strength, and overall conditioning.

Grades 6 - 12

Cost:

1 Session for \$15

8 sessions for \$95

Dates:

Tuesdays (5:30 PM - 6:30 PM)

September 6, 13, 20, 27

October 4, 11, 18, 25

Registration can be done by mail or by e-mail confirmation with payment due the first day of camp.

Camp Sessions will be held at:

Mother of Good Counsel

6924 W. Lisbon Avenue

Milwaukee, WI 53210-1259

Please make checks or money orders
payable to:

Top Flight Training

PO Box 100549 Milwaukee, WI
53210

Contact Coach Ajamu 'Mu' Olaniyan at 414-659-4813 or

aolaniyan@topflightone.com with any questions.

topflightone.com

TOP FLIGHT *Academy*

Advanced Skill Development Camp 2011

Last: _____ First: _____

Address: _____

City: _____ State: _____ Zip: _____

Gender: _____ Grade _____ Phone: _____

Email: _____

Camp:

I hereby grant permission for my son/daughter to attend the Top Flight Basketball Advanced Skill Development Clinics. I also grant Top Flight permission to act on behalf of my child according to their best judgment in any emergency requiring medical attention and hereby waive the Top Flight Training staff and/or, Mother of Good Counsel, from any and all liability incurred while at camp.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Emergency Phone: _____

Date: _____