

RED AND BLACK SPEED CAMP

@ Northern Highlands High School

The Red and Black Speed Camp is 2 sessions, each comprised of two weeks and concluding with a track meet at Westwood High School. The Camp will pay for up to two events for each meet. Additional events can be added at the meet but must be paid for by the individual. Each week has a different theme:

Session	Week	Theme	Dates
1	Week 1	Technique and Coordination	Tues 6/25 and Thurs 6/27
1	Week 2	Acceleration	Tues 7/2 and Wed 7/3
1	Week 2	Meet	Friday 7/5
2	Week 3	Power	Tues 7/9 and Thurs 7/11
2	Week 4	Speed	Tues 7/16 and Thurs 7/18
2	Week 4	Meet	Friday 7/19

*All dates will be from 6:00 PM to 7:15 PM

*Camp is open for any male or female that just completed grades 4 - 12

Location: The camp will be held at Northern Highlands High School, and will be utilizing the fields and weight room.

Meet Location: The meets will be held at Westwood High School on Friday 7/5 and 7/19 with a 6:30 start. Information can be found here: <http://njstriders.com/site/ClientSite/article/2825256>

Purpose: This Camp is designed to improve athlete's strength, speed, and coordination to help them reach their full potential in all sports.

<u>Athletes will learn:</u>	<u>Each Day Will Consist Of:</u>
<ul style="list-style-type: none"> ● Techniques to improve running form and speed ● Skills to improve hand and feet quickness ● Jumping techniques to enhance explosiveness ● Strength and flexibility training to improve balance and coordination 	<ul style="list-style-type: none"> ● Specific Warm Up ● Skill/Technique Set ● Speed Workout ● Strength Circuit ● Culmination Activity

Instructor

Tom Viscardi – Current head track and swim coach at Northern Highlands. He is a 12 time Bergen County and North Jersey coach of the year recipient and current USTFCCA Strength & Conditioning and Track & Field Technical Specialist, IYCA Certified Youth Nutrition Specialist, and USA Track & Field Certified Coach. He was just recently inducted into the New Jersey Scholastic Coaches Association Hall of Fame.

Coaching Staff

Rob Councilor – Current spring track assistant coach at Rutherford High School.

Steven Cerelli – Current swim coach at Northern Highlands.

Kurt Rogers – Current assistant soccer and spring track assistant coach at Northern Highlands.

-----2019 Registration Form-----

Athletes Name:	
Address:	
Town	
Emergency phone Number:	
Email:	
Parent/Guardian Name	

- **Cost : \$150 per athlete per session**
 - **\$225 per athlete for both sessions**
- **Registration closes Wednesday, June 19th**
- **Contact: speedperformancenj@gmail.com**
- **Total enclosed: \$ _____ (Canceled check will serve as registration confirmation)**

Checks should be made payable to **Ultimate Speed Performance Academy** and mailed to:

Ultimate Speed Performance Academy

PO Box 454

Oradell, NJ 07649

Photo Waiver:

Throughout the duration of the camp, individual and group pictures are taken of the athletes while competing. We would like to request permission to post these images and videos to our website.

NO names will be attached to the photos or videos.

I DO ___ DO NOT ___ grant permission for these photos and videos to be posted to the Camp website

Waiver & Release: I hereby approve of my child's attendance at the Ultimate Speed Performance Academy LLC, and certify that he/she is in good health and able to participate in the program and in all activities. Further, we do hereby waive, release and forever discharge this organization, its staff, representatives, and employees from any claims for damages ensuing from accident, injury to person or loss of personal property during this event, as well as participation in activities or arising from travel to facility. We also authorize the Director and staff to act for me accordingly in their best judgment in any emergency requiring medical attention.

Signature of Parent/Guardian: _____