



**2019 BENET ACADEMY SPRINT CAMP**

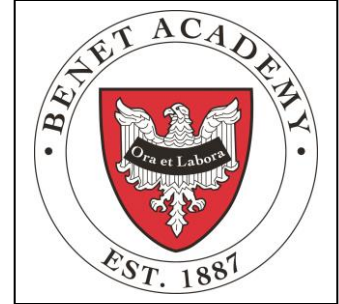
**Dates:** Tuesdays and Saturdays, June 4 – July 20

**Time:** 10:45AM-12:15

**Location:** Benet Academy Track

**Open to:** Boys & Girls Grades 6-12

**Cost:** \$320



**Camp description:** This is the only multi session sprint camp in the entire Chicago area. Camp will be led by Benet boys head track coach Brian Quick. Using his caring, enthusiastic and encouraging coaching style athletes will be shown how to properly warm up, how to sprint, and how to use starting blocks. Athletes will also learn about proper nutrition and hydration for better performance. All athletes will be videotaped to help analyze their form and technique.

**Payment:** Cash or check.

- 1) Print, fill out and sign form below.
- 2) Make check payable to Brian Quick. Mail the completed form along with check to:  
 Brian Quick  
 225 Basswood Dr.  
 Naperville, IL 60540

**OR:** Register on line at [www.Benetcamps.com](http://www.Benetcamps.com)

For any questions please contact Coach Quick at: [coachquick1@yahoo.com](mailto:coachquick1@yahoo.com). or at 630-779-4081.

**PLEASE PRINT:**

**Athletes Name:** \_\_\_\_\_

**Grade in fall 2019:** \_\_\_\_\_

**Parent's Email:** \_\_\_\_\_

**Parent Phone Number:** \_\_\_\_\_

**Emergency Contact Information:**

In the event of an emergency during camp, please provide cell phone numbers and names we should call:

1. \_\_\_\_\_

2. \_\_\_\_\_

