



2019 BENET ACADEMY HURDLE CAMP

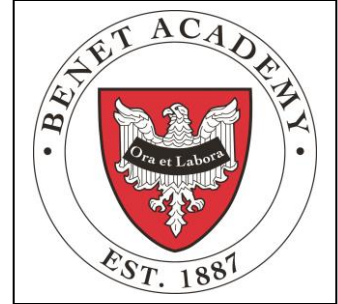
Dates: Tuesdays and Saturdays, June 4 – July 20

Time: 9:00 AM-10:30 AM

Location: Benet Academy Track

Open to: Boys & Girls Grades 6-12

Cost: \$320



Camp description: This is the only multi session hurdle 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 all in conjunction with hurdles. 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

For any questions please contact Coach Quick at: 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. _____

