



Benet Academy Athletics
2019 Strength and Speed Camp
For all incoming Benet Freshmen

Objective: To teach proper lifting technique and improve movement skills.

The camp is run by Head Football Coach Pat New.

Dates:

Monday, March 4th

Monday, March 11th

Monday, March 18th

Camp will not meet on Monday, March 25th due to spring break

Monday, April 1st

Monday, April 8th

Monday, April 15th

All sessions will be held from 6:30 until 8:30 pm.

Cost: \$100

Two ways to sign up:

1) Register online at **www.benetcamps.com** (additional fee)

or

2) Mail attached registration form and check.

Benet Football Strength Camp Registration Form:

Player Name: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Parent(s) Name: _____

Parent(s) Email Address: _____

I hereby grant permission for my son to attend the Benet Football strength camp. My child has no medical condition that would interfere with his participation. I release Benet and the coaching staff from any liability or any injuries that may occur:

Parent Signature

Date:

Mail completed forms and check (\$100 made payable to Pat New) to:

Pat New
7630 Gladstone Drive
Apt. 204
Naperville, IL 60565