

# Registration Form

## ATHLETE INFORMATION

Name of Athlete: \_\_\_\_\_

Grade Entering (Fall 2018): \_\_\_\_\_

Sport(s) Played: \_\_\_\_\_

Parent/Guardian Contact Name: \_\_\_\_\_

Parent Cell Phone Number: \_\_\_\_\_

Parent E-mail: \_\_\_\_\_

Camp (circle one):

**ATHLETE**   **M**   **F**

T-Shirt Size (included in registration cost):

(circle one)   YS   YM   YL   AS   AM   AL   XL   2XL   3XL

Payment (circle one):   **\$50**

**Cash**   **Check**

Checks payable to **Hallsville Athletics**

Please return registration form and payment to Debbie Miller  
(Athletic Secretary) at Hallsville High School, or mail payment to:

Coach Josh Rankin — PO Box 810 — Hallsville, TX — 75650

# Form Agility Speed Training

'Do you not know that in a race all the  
runners run, but only one receives the prize.  
Run in such a way as to receive the prize!'

- The Apostle Paul

## Contact Information

Coach Josh Rankin  
PO Box 810  
Hallsville, TX 75650

Phone: 903-668-5990 ext. 4129  
Fax: 903-668-5990  
Cell: 409-779-8147  
E-mail: jrankin@hisd.com

**15th Annual Summer Speed  
Camps**  
Hallsville Junior High School Track  
**Coach Josh Rankin**  
**Coach Ronnie Waid**



**June 24-27, 2019**



# Form Agility Speed Training

## General Camp Information

### What?

- ✦ **15th annual** Summer Speed Camp
- ✦ **Form Agility Speed Training** for athletes of all ages

### Why?

- ✦ To help athletes improve in the following areas:
  - ◇ **Running Form & Technique**
  - ◇ **Agility**
  - ◇ **Speed**
  - ◇ **Quickness**
  - ◇ **Strength & Power**
  - ◇ **Explosiveness**
  - ◇ **Balance & Coordination**
  - ◇ **Flexibility**

### When?

- ✦ **4 days of instruction**
- ✦ **Session 1— 1st-6th Grade**  
M/T/W/TH 8:30am—10:30am
- ✦ **Session 2— 7th –12th Grade**  
M/T/W/TH 5:30pm—7:30pm
- ◇ Focus early in the week will be on teaching running form, agility drills, speed mechanics, jump training, and core strengthening exercises
- ◇ Daily skill-related fitness games will emphasize fun, sportsmanship, competitiveness, team work, and skills learned
- ◇ Focus later in the week will be to build off of drills learned, and relating these skills to specific movements, sports, and athletic activities

### Where?

- ✦ **Bobcat Stadium at Hallsville Junior High**

### Cost

- ✦ **\$50 per athlete (includes camp t-shirt)**

## FAST Camp Instructors



**Coach Josh Rankin**

Hallsville High School

17 years of coaching experience

Head Boys Track & Field Coach

4X District Champ, State Champion(2014)



**Coach Ronnie Waid**

Hallsville Junior High School

14 years of coaching experience

Head Junior High Track & Field Coach

6 time state champion in Arkansas



## Why Speed/Agility Train?

Speed training involves the increase in muscle power through both speed in starting and stopping function. Each exercise becomes easier with an explosive force behind each repetition, making speed training ideal for power lifters and athletes who run and perform agile movements.

The form of exercise increases agility and speed in movement and exercise technique. The power and fast twitch muscle ability increase over time as well. Several exercises in speed training involve the addition of weighted resistance or speed enhancers to force fast twitch muscles into overdrive, past the normal point of exertion that normal exercises cause.

Speed training increases the athlete's ability to perform as well. Through exercises like sprinting and agility drills involving jumping, skipping or hopping motions, athletes gain experience and muscle memory in motions and exercises that take place during game and practice situations. (Fitday.com)

**If you have any questions , contact Coach Rankin or Coach Waid at [jrankin@hisd.com](mailto:jrankin@hisd.com) [rwaid@hisd.com](mailto:rwaid@hisd.com)**