

I have read this brochure. I understand that there is risk of injury while participating in high intensity physical conditioning. In the event of an illness or injury, I authorize the Bulldog Football staff to seek appropriate medical treatment, in the event that the parents cannot be reached. I also agree that FASDOGS Speed Camps or GPS are not liable in the event of an injury or illness. I understand that the camp provides no insurance and that the participant is responsible for any medical expenses that might occur.

Parent of the Student Athlete Sign Here

ATTENTION!

The **FASDOGS** Football & Speed camps are high intensity training camps. Every participant should have a physical prior to the start of camp. Please attach a copy of the physical to the enrollment form. If you use an AAA approved physical form taken on or after May 1st of 2007, it will carry over for the entire 2007-08 school year.

Total cost of the FASDOGS Football and Speed Camps is \$60.00. **(this is the total cost of all camps mentioned in this brochure)**

Please detach and send application, payment, and copy of physical to:

Rick Jones
Greenwood High School
440 E. Gary
Greenwood, AR 72936

Please make checks payable to Rick Jones.
If you have any questions, please call Rick Jones @ 996 2672 or 996 4141 or e-mail at: rjones@greenwood.k12.ar.us.

FASDOGS QUARTERBACK TRAINING PROGRAM

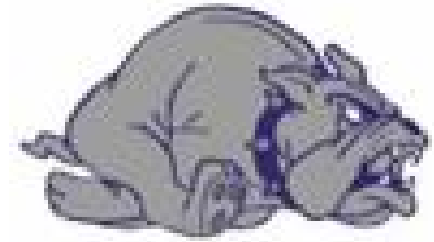
On every Monday and Wednesday during FASDOGS Speed Camp, with the exception of the first day and last day, (June 27, July 2, 9, 11, 16, 18) Coach Jones will have a quarterback training program for all quarterbacks in Greenwood, grades 4-12, from 8:30-9:30am. During these sessions, the quarterbacks will work on fundamentals and the basic skills used to play the position. Each participant should provide their own football. These sessions will last approximately one hour. This program is **free** to any athlete enrolled in the FASDOG Football and Speed Camp.

THE FASDOG **MOTTO:**

SPEED KILLS

STRENGTH
PUNISHES

FASDOGS FOOTBALL & SPEED CAMPS 2007



FASDOGS

Speed & Strength Development
June 25th- July 24th
A five-week program

FASDOGS QUARTERBACK TRAINING PROGRAM

Every Monday and Wednesday of the FASDOG Football and Speed Camp

PUP CAMP

July 25 & 26
7th & 8th grade: 8-9:30 am
9th grade: 10-11:30 am
(25th only)

softball, basketball, baseball, and track have attended the camp and improved their ability to compete.

FASDOGS

HS Football Player Workout Times

6:30 am - ***Backs, Receivers, DB's, QB's***

7 am - ***OL, DL, Linebacker's, TE's.***

(45-60 min. speed training program followed by a 45-60 min. strength program)
Each *Wednesday* of FASDOGS, all high school football players will practice at 6:30 am. We will have a one hour, helmet only practice from 6:30-7:30, followed by a 45-60 minute weight program.

ATHLETE WORKOUT TIMES

8:00 am - **8TH & 9TH Grade** (45-60 min. speed training program plus a 45-60 min. strength program.)
 8:30 am - **4-12th Grade Females** (Speed training program 45-60 min. with 45-60 min. strength program for grades 7-12.)
 9:00 am - **Males 4th - 7th Grade** (Speed training program 60 min.)

WHAT IS FASDOGS?

FAS (Fundamentals, agility, & speed) DOGS is a 5 week speed & strength development program for any athlete, between the 4th & 12th grade that wants to improve his/her athletic performance. The emphasis is on improving speed, quickness, lateral movement, agility, & strength. The program incorporates the latest coaching techniques in speed & strength training. Every athlete can benefit from enrollment in this program by improving his/her speed, strength, quickness, & explosiveness. Athletes in soccer, football,

PUP CAMP

JULY 25 & 26

7TH GRADE: 8-9:30 AM

8TH GRADE: 8-9:30 AM

9TH GRADE: 10:00-11:30 AM
 (9th grade on the 25th only)

PURPOSE: The varsity football staff will install the offensive & defensive system that is used throughout the Bulldog football program. This camp is designed to teach not only X's and O's, but also basic football fundamentals. Players will wear helmets and shorts.

Because of the limited time we have to practice during the school year, it is really important to try to attend as much of the summer program as possible. The Pup Camp will really give us a great starting point for our 7th, 8th, and 9th graders.

FASDOGS

A FIVE- WEEK SPEED AND STRENGTH DEVELOPMENT PROGRAM FOR ALL ATHLETES GRADES 4 - 12

June 25-28, July 2,3, 9-12, 16-19,23,& 24.

Name _____

Address _____

City _____ Zip _____

Home Phone _____ Parent Cell _____

Father's Name _____

Mother's Name _____

Emergency Contact & Phone Number:

1. _____

2. _____

Fall 2007 Grade _____

Physical taken after May 1, 2007? yes/no

Are your parents GPS employee? Yes/no

Please check the Camp/Camps you plan on attending:

FASDOGS

- 6:30 am HS Football Group 1
- 7:00 am HS Football Group 2
- 8:00 am Males 8th & 9th
- 8:30 am Females 4th-12th
- 9:00 am Males 4th-7th

PUP CAMP

July 25 & 26 Grades 7-9

- 7th grade 8-9:30 am
- 8th grade 8-9:30 am
- 9th grade 10:00-11:30 am (25th only)

Total Amount Enclosed \$ _____

_____ A 10% discount is available to families with 2 or more enrolled in FASDOGS and to employees of GPS.