



2021 Summer Athletic Performance Camp

Camp Powered by Strength of America Inc.
May 31st - July (see session for finish date)

Summer Athletic Performance Camps (\$100) (\$150) (Family rates also available online)

CPA Volleyball: 12:00-1:15 pm (Incoming 9th-12th)

- Camp is held M/W/TH (finish in July: TBD)

High School Session: 1:15-2:45 pm (Boys/Girls Incoming 9th-12th)

- Camp is held Mondays-Thursdays (finished on July 8th)

Middle School Session: 2:45-4:15 pm (Boys/Girls Incoming 6th-8th)

- Camp is held Mondays-Thursdays (finished on July 8th)

CPA Football: 4:30-6:30 pm (Incoming 9th-12th) (Camp days/times subject to change)

- Camp is held M/W/F (finish in July: TBD)

Location: Chandler Preparatory Academy- Indoor Basketball Gym: 1951 N Alma School Rd

Necessities: Indoor Athletic shoes, Athletic apparel (shorts/t-shirt) & water

“In 27 seasons as a youth sports coach, I have come across no other program that benefits young athletes more than Strength of America”

- Coach Mike Thompson

Each athlete will receive a pre and post testing sheet to show progress. Daily work on proper hydration and nutrition of an athlete. Camp is designed to:

- Increase Speed/Quickness
- Increase Change of Direction/Agility & Power
- Learn how to eat & hydrate like an athlete to give them sustained energy to perform & recover
- Help reduce the risk of injury

Registration form must be signed & filled out to participate. Questions, email Titanstrengthandspeed@gmail.com

Childs Name _____ Age _____ Shirt Size: Youth Large, Adult S, M, L, XL (circle size)

Childs Name _____ Age _____ Shirt Size: Youth Large, Adult S, M, L, XL (circle size)

Childs Name _____ Age _____ Shirt Size: Youth Large, Adult S, M, L, XL (circle size)

Parents Name _____

Email _____ Emergency Contact # _____

I acknowledge that there is a risk of injury associated with vigorous exercise, athletic training activities. I declare that I, my family member either have permission and approval if a physician to participate in the athletic activities, or if there is no such permission then I, my family members do hereby assume the risk of injury and death that may result from such activities. I, my family members do hereby waive, release and forever discharge City of Chandler, Strength of America, Chandler Preparatory Academy, its officers, directors, owners, agents, employees and insurance carriers from all liability for any and all injuries that may occur during the athletic activity. I also give permission to Strength of America to use any video or still pictures taken of my son/daughter for future promotions.

Parent/Guardian Signature _____ Date _____