



WORLD CLASS "All Sports"

SPEED DEVELOPMENT CAMPS[®]

Plano, Texas

*****CHRISTMAS HOLIDAY BREAK*****

December 28, 29, 30th (1:00 to 4:00pm)

IMPROVE YOUR SPEED, QUICKNESS & AGILITY?

Regardless of whether you compete in football, soccer, baseball, softball, basketball or track if you have the common goal of improving your **SPEED** these camps are for you. You have the opportunity to learn the proven **WORLD CLASS ALL-SPORTS SPEED DEVELOPMENT TRAINING PROGRAM[®]** developed by Coach Steve Silvey. These results are:

- 35 Olympic Athletes (14 Medalists)
- 26 Athletes Competing in Track & Field World Championships (17 Medalists)
- Coach of Elite Athletes Performances: 4.17-40 yards, 9.96-100 Meters & 20.25-200 meters

Coach Silvey has had the opportunity to work with numerous "two-sport" Football/Track athletes on the college level and improve their **SPEED**. Several of these are playing in the NFL! Coach Silvey has been was part of 28 National "TEAM" Championships while coaching at The University of Arkansas and Blinn College. Silvey has also been part of 26 Conference Championships in the SEC, PAC-10 & Big-12 and while coaching at the Texas Tech University, University of Oregon, University of Arkansas, Blinn College and Texas A&M University. Coach Silvey specializes in Sprint and Hurdle training and has been conducting speed camps since 1994. During this special speed camp, athletes will be taught the most current techniques of **SPEED DEVELOPMENT** presently being used by elite athletes. Speed is Critical for success in sport.

CAMP SITE:

Old Shepard Place Park (NW Corner)
5463 W. Plano Parkway
Plano, Texas 75093

LOCAL CONTACT:

Coach Steve Silvey
PHONE: (972) 307-3545 **Evenings**

E-Mail: WCspeed@hotmail.com (972)489-6679 Cell Phone

DIRECTIONS: Take North Dallas Toll Road and exit Plano Parkway and head East to Park. The Clinic will be in the far North West Corner of Park near elementary school parking lot.

COST OF SPEED CAMP:

\$95.00 (If received 2 Days Prior to Camp)
\$120.00-(1 Days or Less) & Same Day of Camp
T-Shirts to All Pre-Registered Campers

MAIL APPLICATION TO:

Championship SSE Products, LLC
6601 West Plano PKWY #814
Plano, Texas 75093

MAKE YOUR CHECK PAYABLE TO: Championship SSE Products

REGISTRATION TIME: 15 minutes before camp **Website:** SSEproducts.com

AGES: 10 to 19 years old (male & female)

LEARN HOW TO GET FASTER WITH PROPER INSTRUCTION!

ABOUT THE SPEED CAMP

Each athlete will learn the basic principles of *SPEED* training along with the techniques and drills that will allow each athlete to become faster. Some of the topics to be covered are as follows: First Step Quickness, Acceleration Patterns, Speed Energy Systems, Reducing of Air & Ground Time, Stride Frequency and Stride Length. Also covered in the camp will be the importance of Dorsi-Flexion, Speed Drills, Dynamic Flexibility Drills Hurdle Rhythm Drills, Nutrition, Correct Arm Action, Resistance Training, Body Posture for Sprinting, Strength Training, Over-Speed & Resistance Training. All athletes will be timed, tested and evaluated during the camp. Timing for 20 & 40 yard dash will be also conducted. Each athlete will be given a personal evaluation sheet before they leave the camp.

FORWARD ON SPEED TRAINING

One of the very important components in the development of great athletes for sport is *SPEED DEVELOPMENT*. Many athletes already have a certain amount of 'God-given' *SPEED*, but if we are willing to devote time to understand the *SPEED* component, we can drastically improve the athlete's ability to improve 'in sport.' *SPEED DEVELOPMENT* is an activity which depends on the coordination of muscles, nerves and the ability of the central nervous system to eliminate many of the breaking and friction movements as much possible. To make athletes in the 21st century, faster we must learn to train the body by using neuro-muscular development to work and stimulate the body's fast twitch muscle fibers.

Speed Rule to Remember: IF YOU DON'T USE IT, YOU LOOSE IT!

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STATEMENT OF DISCLAIMER & CAMP APPLICATION

I hereby authorize the Coach's & Championship SSE Products LLC, to act for me or my child according to their best judgment in an emergency requiring medical attention. I hereby waive and release the coaches & Championships SSE Products LLC, from all liability from all injuries while at the camp site. I have no knowledge of any physical impairment that would affect the camper listed below, in their participation in the camp as outlined in the brochure.

PARENT SIGNATURE _____

Please list any Medical Condition that the camp should be made aware of and **ANY** medication the athlete is **ALLERGIC TO:** _____

All athletes **MUST** have their own Medical coverage to participate. Athletes will not be allowed to take part unless this waiver is signed by the parent/ guardian. I have also read and understand of the above concerning medical coverage and statement of disclaimer for my son or daughter who will be attending the camp. **NAME OF YOUR INSURANCE PROVIDER:** _____

PARENT SIGNATURE: _____

Name _____ Address _____

City _____ State _____ ZIP _____ AGE _____

Phone () _____ Parent CELL Phone () _____

Email address: _____ Your Sex: Male or Female (please circle one)

T-SHIRT SIZE () Small () Medium () Large ()X-Large ()XXL **ADULT SIZES*****

Christmas Holiday Camp December 28, 29th & 30th _____

Do you want to be sitting on the bench this year?

**LEARN HOW TO IMPROVE YOUR
SPEED!**

IMPORTANT

What you will need to bring to the camp:

- 1.) *Light Colored Clothing (Heat)*
- 2.) *Flexible running shoes*
- 3.) *Water bottle or Sports Drink*

ATTENTION: If the camp participation is small, it might be completed 30-40minutes sooner each day. Parents are allowed to sit and watch and observe all sessions.

Each camper will receive their own personal testing and evaluation form at the completion of the camp.

All Campers will receive a notebook with information for the athlete, parents and their coach to read.

See You Soon!

Sincerely,

Coach Steve Silvey
(972) 307-3545-Evenings
(972) 489-6679-Cell