

# Everett High School Speed, Agility and Conditioning Camp




**CASCADE**  
REHABILITATION ASSOCIATES  
[www.CascadeRehab.com](http://www.CascadeRehab.com)

## EHS Camp Summary

In preparation for the upcoming sports season, participants will enhance their functional abilities as well as their cardiovascular base. Athletes will also improve their current speed and agility techniques.

### Six-Week Camp Goals:

- Increase general fitness levels
- Develop proper running techniques
- Improve core and leg strength
- Enhance:
  - Agility
  - Confidence
  - Coordination
  - Flexibility
  - Power
  - Speed
- Improve Straight Ahead Speed (SAS)
- Enhance Lateral Speed and Agility (LSA)
- Improve static and active balance
- Reduce risk of injuries



## EHS Camp Details

**Date:** July 6, 2011 through August 15, 2011

**Days:** Mondays, Wednesdays, Fridays

**Time:** 9 a.m. to 10 a.m.

**Place:** Everett High School Lincoln Field

**Cost:** \$75.00 / person



### Camp Cost Includes:

- Camp t-shirt
- Water bottle
- Instruction from Certified Strength and Conditioning Specialists (CSCS) and Performance Enhancement Specialists (PES)

### What to Bring:

- Exercise clothes
- Athletic shoes
- Water



## EHS Camp Registration Form

**Camp Cost:**  
\$75.00 Individuals

**Make Checks payable to:**  
Cascade Rehabilitation Associates

**Mail registration form and payment by June 13, 2011 to:**

Cascade Rehabilitation Associates  
3726 Broadway, Suite 104  
Everett, WA 98201

Name: \_\_\_\_\_ Grade entering fall 2011 \_\_\_\_\_

Adult Shirt Size:        S        M        L        XL

Parent/Guardian: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

### Parent Consent/Insurance/Liability Waiver

I, the parent/guardian of the above registrant, hereby acknowledge that certain risks are inherent to the training activities included as part of this camp. Camp staff is authorized to arrange for emergency attention as needed. Responsibility for treatment is to be covered by family insurance. I agree to hold harmless Cascade Rehabilitation Associates, its officials, its employees and its agents for any and all claims for personal injury and damage that is or appears to be caused by the registrant's participation in this recreation program. I know of no mental or physical conditions that would affect the registrant's ability to participate safely in this camp. If the registrant is injured, I authorize the camp staff to refer registrant to a therapy clinic for injury screening and treatment.

I hereby grant the irrevocable and unrestricted right to use and publish photographs of the registrant, or photograph's in which the registrant may be included, for publication, electronic reproduction (website) and/or promotional materials or any other purpose and in any manner or medium. I release the photographer and Cascade Rehabilitation Associates from all claims and liability relating to said photographs.

I have read and fully understand the terms and conditions of this Parental Consent/Insurance/Liability Waiver.

Parent/Guardian

Date



Please mail registration form and payment before June 13, 2011 to:

Cascade Rehabilitation Associates  
3726 Broadway  
Suite 104  
Everett, WA 98201

**Everett**  
3726 Broadway  
Suite 104  
Everett, WA 98201  
(425) 252-4600

**Harbour Pointe**  
12121 Harbour Reach Drive  
Suite 100  
Mukilteo, WA 98275  
(425) 493-8313

**Silver Lake**  
10511 19th Avenue SE  
Suite B  
Everett, WA 98208  
(425) 357-8885

**Smokey Point**  
16404 Smokey Point Blvd.  
Suite 101  
Arlington, WA 98223  
(360) 658-8100

[www.CascadeRehab.com](http://www.CascadeRehab.com)

Cascade Rehabilitation Associates was formed in 1998 by a group of physical and occupational therapists devoted to professional excellence and quality personal care. Cascade's therapists provide one-on-one care focused on returning patients to their desired level of function as quickly and as safely as possible.

A leader in the delivery of outpatient physical and occupational rehabilitation, Cascade has a seasoned team of therapists who provide general orthopedic therapy, as well as a wide variety of specialty services:

- General Orthopedic Rehabilitation
- Spine Rehabilitation
- Sports Injury Rehabilitation
- Hand Therapy
- Work Injury Rehabilitation
- Specific Soft Tissue Mobilization
- Orthotic Fabrication
- Aquatic Therapy
- Ergonomic Workstation Assessments
- Gait Analysis
- Hellerwork
- Massage Therapy
- Geriatric Rehabilitation
- Vestibular Rehabilitation
- SAFE Program
- Neurological Rehabilitation
- Pediatric Orthopedic Therapy
- Speed Camps

Cascade therapists encourage all patients to discuss potential physical therapy needs with their personal physicians. The best results in therapy are based on open communication, treatment compliance and teamwork between the patient, the therapist and the physician.

## Speed, Agility & Conditioning Camps offered to a variety of students!

Cascade Rehabilitation provides safe, professional and motivating speed camps for athletes in grades 6 through 12. Instruction is provided by Certified Strength and Conditioning Specialists (CSCS) and Performance Enhancement Specialists (PES).



For more information please contact:

Scott Price, ATC  
[scottp@cascaderehab.com](mailto:scottp@cascaderehab.com)  
(425) 252-4600