

Middle School Speed, Agility and Conditioning Camps

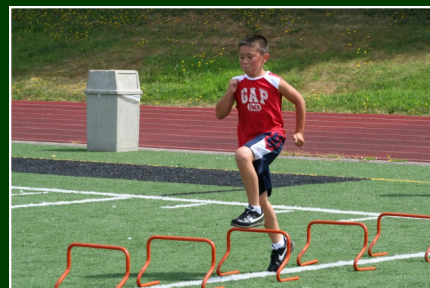


Middle School Camp Summary

Designed to introduce participants to the foundation of sports performance skills. Students will achieve these skills by learning proper running techniques, building a base for muscular development, and enhancing the body's ability to balance. These techniques will enable participants to learn how to develop more advanced and complex skills.

Three-Week Camp Goals:

- Increase general fitness levels
- Develop proper running techniques
- Enhance:
 - Agility
 - Balance
 - Coordination
 - Confidence
 - Strength
- Improve Straight Ahead Speed (SAS)
- Enhance Lateral Speed and Agility (LSA)
- Reduce risk of injuries



Middle School Camp Details

Date: July 19 - Aug11, 2011
Time: 9:30am - 10:45am
Place: Kamiak High School Turf



Camp 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
- Lots of water



Middle School Registration Form

Camp Cost:
 \$80.00
 \$40.00 for each additional family member

Make Checks payable to:
Cascade Rehabilitation Associates

Mail registration form and payment to:

**Cascade Rehabilitation Associates
 12121 Harbour Reach Drive
 Suite 100
 Mukilteo, WA 98275**

Name: _____ Grade: _____

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 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 say 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 to:

Cascade Rehabilitation Associates
12121 Harbour Reach Drive
Suite 100
Mukilteo, WA 98275

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
3710 168th St NE
Suite A102
Arlington, WA 98223
(360) 658-8100

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 Therapy
- 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:

Cindy Johnson, PES
cindyj@cascaderehab.com

(425) 493-8313