



## 2018 Speed & Interval Camp

8 weeks of interval training developed to increase leg turn-over, running efficiency, and reduce the risk of injury. This camp offers a quality track workouts to prepare for fall sports, fall races or to just get faster with an experienced coach that is trained and certified by USATF, RRCA, and ASEP. No affiliation with Mahomet-Seymour School District or its running programs.

Must be at least 11 years old to participate.

7 am on Tuesdays or Wednesdays

**Registration is required.**

Class Information	Activities
\$80 for training that starts the week of June 4 <i>Register by June 5, 2018</i> Coach: Joe Bails <u>Location:</u> MSHS track (typically) 302 W. State St., Mahomet, IL	Interval-style workouts Dynamic running movements: High knees, butt kickers, skips and more

**Please Print Clearly**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

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

Email: \_\_\_\_\_

Age: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Sex: \_\_\_\_\_

M or F

**Waiver:** In consideration of my participation in this camp, I the undersigned, my heirs, executors and administrators consent to discharge, release and hold harmless Coach Bails Running LLC, Mahomet-Seymour School District and their affiliates, agents, servants, employees, successors and distributors for claims, action, losses, damages or expenses for personal or bodily damage and property loss or damage incurred by me arising out of or in connection with my participation in this camp. I hereby grant permission to the parties listed herein to use my name and photographs, videotapes, motion pictures, recordings or any other record of my participation in this camp for training or marketing/promotion purposes.

I have read the foregoing, am of legal age to consent to the waiver for myself or my child, and I am or my child is physically able to participate in this camp.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent/Guardian Signature

*Bring signed registration form to the first session (June 5) with check/money order or mail form and payment postmarked by June 2, 2018 to:*

Coach Bails Running, LLC  
811 Ridge Road  
Mahomet, IL 61853.

**Make checks payable to Coach Bails Running, LLC.**

Questions? Contact Joe Bails - (217) 766-9008 or joe@coachbails.com

Joe holds the USATF Level 2 Youth Specialization coaching certification, RRCA distance running coach certification, and is CPR, AED and first aid certified.