



# TIGER ATHLETICS

WHERE ATHLETES TRAIN

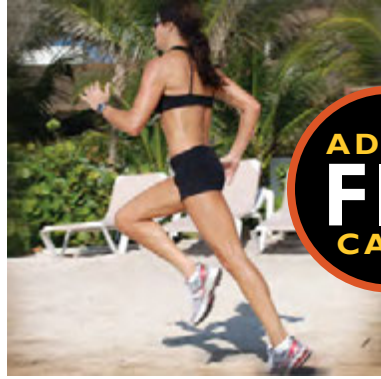


POWERED BY:

SHOCK DOCTOR®



YOUTH  
SAQ  
CAMP



ADULT  
FIT  
CAMP



## SUMMER 2012

JUNE 12 - AUGUST 9  
4 & 8 WEEK SESSIONS  
TURF FIELD

Wayzata Central Middle School  
305 Vicksburg Lane North  
Plymouth, MN 55447

## YOUTH SAQ CAMP

SPEED - AGILITY -  
QUICKNESS

## ADULT FIT CAMP

FUNCTIONAL  
INTEGRATED  
TRAINING

EVERYONE IS AN ATHLETE INSIDE.  
WE FIND IT AND BUILD ON IT.

BE A BETTER ATHLETE.

[WWW.TIGERATHLETICS.COM](http://WWW.TIGERATHLETICS.COM)



# TIGER ATHLETICS

WHERE ATHLETES TRAIN



## YOUTH SAQ CAMP

SPEED - AGILITY - QUICKNESS

## ADULT FIT CAMP

FUNCTIONAL INTEGRATED TRAINING

**When:** June 12th - August 9th, 2012

**Where:** Wayzata Central Middle School - Turf Field  
305 Vicksburg Lane North -- Plymouth, MN 55447

### YOUTH SAQ CAMP

**Tuesdays & Thursdays 9:00-10:30 am (60 minutes training/30 minutes play)**  
Summer is here and we are calling all athletes to get your game on! Ages 3-18, kids are divided by age and skill level. Coach/Athlete ratio is 11:1. All athletes will experience healthy & athletic F-U-N. Kids will focus on athletic drills and technique for 60 minutes and will play for 30 minutes, utilizing Speed, Agility and Quickness to improve their athleticism.

### ADULT FIT CAMP

**Tuesdays & Thursdays 9:00-10:30 am (90 minutes)**  
Calling all men and women. Are you ready for change? You have the drive to perform at peak levels day in and day out. You want to be healthy, pain-free and feel like the athlete you once were - not only for yourself, but also for your family. TIGER ATHLETICS FIT CAMP offers you the opportunity to maximize your athleticism, fitness, and performance level. All levels welcome.

Program:	Dates:	Cost:	Adult and Youth
8 Weeks	June 12 - Aug 9	\$288	\$18.00 per session
4 Weeks	June 12 - July 12	\$160	\$20.00 per session
4 Weeks	July 17 - Aug 9	\$160	\$20.00 per session

Note: No sessions will be held on 7/3 or 7/5.

### What We Work On:

#### Ages 3-5 years old - F-U-Ndamentals:

- Overall Movement Skills
- Running & Jumping
- Catching & Throwing
- ABC's (Agility, Balance, Coordination) & Speed
- Fun!

#### Ages 6-Adult - Focus on improving each Athlete's ability to:

- Accelerate
- Decelerate
- Lateral Speed & Agility
- Change Directions

#### Integrate the 7 Speeds of Athleticism:

1. Game Action Speed
2. Action Speed with Ball or Puck
3. Movement Speed with Ball or Puck
4. Reaction Speed
5. Decision-Making Speed
6. Anticipation Speed
7. Perceptual Speed

#### Improve:

Rhythm, Balance, Coordination, Flexibility, Strength, Endurance, & Overall Conditioning

**SIGN UP ONLINE: WWW.TIGERATHLETICS.COM**

MAIL-IN REGISTRATION FORM to the address below.

#### BILLING & CONTACT INFORMATION

CHECK ONE:  Adult Athlete  Parent/Guardian (Youth Athlete)  
 First/Last Name: \_\_\_\_\_  
 Billing Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone (H): \_\_\_\_\_ (C): \_\_\_\_\_  
 Email: \_\_\_\_\_

CHECK ONE:  June 12 - July 12 4 Weeks \$160  July 17 - Aug 9 4 Weeks \$160  June 12 - Aug 9 8 Weeks \$288

#### CREDIT CARD INFORMATION (MAKE CHECK PAYABLE TO: TIGER ATHLETICS)

Visa \_\_\_ Master Card \_\_\_ Am Exp \_\_\_  
 CC Number: \_\_\_\_\_ Security #: \_\_\_\_\_  
 Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ (MM/YY) Total Charge Amount: \$\_\_\_\_.00

#### YOUTH ATHLETE INFORMATION

First/Last Name: \_\_\_\_\_  
 Age: \_\_\_\_ School/Grade: \_\_\_\_\_  
 Address same as Parent/Guardian  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

#### LIABILITY WAIVER

In signing below, I release Tiger Athletics from any claims or responsibility for injuries suffered during physical, athletic training, educational classes. On behalf of my child, I knowingly assume all risks associated with participation.

**Adult Athlete/Parent/Guardian Signature:**

X \_\_\_\_\_ Date: \_\_\_\_\_