**HRHS Speed Camp**

**for current 6th - 12th graders (2022/2023 school year)**

**Hosted by the HRHS Track and Field Coaches**

**When?**

Monday thru Thursday at 10:30am - 12:30pm for 4 weeks beginning June 5th and ending June 29th

***Cost of Camp: $150 for all 4 weeks / or $50 per week***

***Pay by Check or by*** [***My School Bucks***](https://www.myschoolbucks.com/ver2/prdembd?ref=ZZHVZS5TX305OUU_ZZ5YVBH3WSLS5KY)

**What?**

The program will involve:

* Running form/speed/agility training
* Power and core development
* Proper lifting technique and strength/power development
* Technique coaching for athletes interested in jumps and hurdles

This is NOT a conditioning camp. Every drill and exercise is designed to improve running form and develop speed, agility, and power.

**Why?**

Speed, agility, and power are key components to being successful in any sport. And we get results!

* In the past 10 years, we have had 10 State Champions, 7 runners up, and 24 in the top 5 at State. In our head coach’s tenure, we have had 42 State Champions, 41 runners up, and 116 in the Top 5 at State.
* Our program has averaged over 15 state qualifiers each year over the past decade, and many of those athletes have also excelled in other sports.
* Our coaches have been involved in the athletic development of several athletes who went on to compete collegiately in D1, D2, and D3 programs, not only in track and field but also in football, volleyball, basketball, soccer, swimming, and crew.
* Four of our track lettermen have been in NFL camps, and two have played regular season games. A fifth is a likely future draft pick.
* Our track athletes have been Denver Post Athletes of the Year, Gatorade Athletes of the Year, All-Americans, and All-World competitors.

**OUR GOAL: LET’S GET FASTER! Hope to see you in June! For more information, contact Lou Krauss at lwkrauss@dcsdk12.org**

**2023 Highlands Ranch HRHS Summer Speed Camp Registration Form**

**NO Pre-Registration Necessary – bring form and payment the first day of camp**

**Camp will meet outside the HRHS Gym entrance for the first day**

**Please Print. Do not include more than one participant per registration form; use blank form to make copies for additional participants. Bring form on the first day of camp.**

Student’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_\_\_\_\_

School student will attend next fall: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade next fall: \_\_\_\_\_\_\_

Parent\Guardian’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Email Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Cell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Emergency Information:** If we cannot contact parents, call:

Name Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Family Doctor Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Participation Waiver:**

**I/we (print parent name(s))\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in return for my child's opportunity to participate in the Highlands Ranch HS Summer Camp do hereby exempt and release the Douglas County School District, its directors, officers, employees, volunteers, and agents from any and all liability, claims, demands or actions whatsoever arising out of any damage, loss or injury that my/our child or I/we might sustain while my child is participating in the Highlands Ranch HS Summer Camp, whether or not such damage, loss or injury results from the negligence of Douglas County School District, its directors, officers, employees, volunteers or agents or any defective equipment. I/we understand that if I/we do not sign this release, then my/our child will not be permitted to participate in the Highlands Ranch HS Summer Camp. I/we hereby represent that I am/we are 18 years of age or older, and that I am/we are the parent(s)/guardian(s) of (insert child's name here) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I/we further acknowledge that no representation or promises by Douglas County School District representatives have been made to induce me to sign this release.**

**X** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Student Date

**X** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent or Guardian Date

**CAMP ACTIVITIES INSURANCE WAIVER**

I fully understand the Douglas County School District Re. 1 does not provide health or life insurance coverage for the above named student while he/she is participating in camp activities. I/We further understand that it is my/our responsibility to provide adequate insurance coverage to the above named student.

**X** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent or Guardian Date

***Cost of Camp: $150 for all 4 weeks/ or $50 per week - pay by check or*** [***My School Bucks***](https://www.myschoolbucks.com/ver2/prdembd?ref=ZZHVZS5TX305OUU_ZZ5YVBH3WSLS5KY)

**Please make checks payable to** **Highlands Ranch High School. Your processed check will be your receipt.**

**All returned checks will be assessed a $20.00 charge.**

**Highlands Ranch High School**

**SPEED / ATHLETIC DEVELOPMENT: Lou Krauss – Camp Director - lwkrauss@dcsdk12.org**