



2009 TIGER SPEED CAMP

This is a speed for sport camp...not a Track & Field Camp

M.S. Camp #1 (8:30-10:00AM): June 8, 10, 12, 15, 17, 19 (entering grades 5-8)

H.S. Camp #2 (10:00-11:30AM): June 8, 10, 12, 15, 17, 19 (entering grades 9-12)

Days: Monday – Wednesday – Friday

Location: Edwardsville High School Winston Brown Track & Field Complex

Gender: Boys and Girls

Cost: \$60.00

45 athletes per session

A BLEND OF METHODS:

- Biomechanics of Sprinting
- Drills to Improve Running Form & Speed
- Resistance & Assistance Running
- Linear & Lateral Movement
- Dynamic & Static Stretching
- Abdominal Exercises
- Plyometrics
- Timed 40s (daily & individually – rankings posted on website)

OBJECTIVE: The main goal of the Tiger Speed Camp is to develop and fine-tune the body to run as quickly as possible. Our focus is to build speed...not endurance. Athletes will improve performance in all speed-based sports including baseball, softball, basketball, football, volleyball, soccer, and of course, track & field.

COORDINATOR: Chad Lakatos, EHS Track Coach

- 9 years of coaching track & field
- Coached 10 Individual State Champions
- Coached 3 Relay State Champions
- State Trophies: 2006 – 3rd Place, 2007 & 2008 State Champions
- SICA-Track Coach of the Year (2005, 2007 & 2008)
- ITCCCA-South Track Coach of the Year (2007 & 2008)
- NFHS-Illinois Track Coach of the Year (2008)



ENROLLMENT FORM

Name _____ Address _____

Email _____ Phone _____ Age _____ Gender M or F

Health Concerns _____ Circle Session Attending: 1
or 2

Hold Harmless Agreement: I agree to hold harmless Chad Lakatos and Edwardsville High School from any and all liability for injury to my child.

Parental Signature: _____ Date: _____

Send this form with check payable to EHS Boys Track, 6161 Center Grove Road,
Edwardsville, IL 62025

EMAIL: clakatos@ecusd7.org CELL: 559-9773

Website: <http://www.ehstrack.com>