



Welcome to the fast lane! Integrated Rehabilitation Services is happy to offer a Speed and Agility Camp designed to elevate your athletic potential. Congratulations on registering and taking the first strides to reaching elite level sport-specific speed. We hope you share our excitement that you have chosen to join us in this endeavor. Expect to be challenged, push yourself and have fun while striving to reach your athletic potential. We will be sprinting, jumping and changing directions with the goal of improving your explosiveness, running form and efficiency of movement.

Our coach for this camp is Tyler Kim, a Performance Coach in our Integrated Training Center in Vernon. He is a Certified Strength and Conditioning Specialist who holds a degree in Exercise Science and a minor in Physical Education from Eastern Connecticut State University.

The camp will meet at the Tolland Middle School Track on Mondays and Wednesdays (July 15 – August 7) from **6 pm – 7 pm**. It is very important that you are on time to ensure proper time for warm up. If possible, please try to arrive 5-10 mins early to allow for the camp to start on time as we will be fitting a lot of programming into a short time.

What should you bring?

- Proper athletic wear (appropriate for the anticipated weather)
- Running Shoes
- Cleats (not required, but may be useful)
- Water
- Please do not bring any valuables

Bring a Friend Program: You may bring a friend to the camp for any session. A one-time fee of \$10, cash or check only, will be collected that day. Please be sure to have them complete the waiver (attached) and bring that to the camp as well. If they wish to enroll in the remainder of the camp, the fee will be applied to a prorated rate for the camp.

Camp Updates: In the event of any changes to our camp (e.g. location changes, inclement weather), updates will be posted to the Integrated Rehabilitation Services Facebook page.

If you have any additional questions, please do not hesitate to contact me by email or phone. We look forward to seeing each one of you at camp! Thank you for registering for our Speed and Agility Camp!

Perform at your best, when your best counts!

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