

SCHUMAN'S Speed Camps 1-866-Schuman

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Developing Champions Everyday!



TEAM PERFORMANCE TRAINING

TRAINING SESSIONS INCLUDE:

- | | |
|---|--|
| <ul style="list-style-type: none"> • Dynamic Warmup • Speed Development • Quickness Development • Explosive Development • Sport Specific Speed Drill | <ul style="list-style-type: none"> • Plyometric Training • Agility Training • Sport Specific Training and Speed Drills • Focused Warm Down |
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COMPLETE TESTING IN:

- 40 Yard Dash
- 20 Yard Short Shuttle
- Standing Broad Jump
- Vertical Jump

COST

THREE GREAT PROGRAMS, YOU CHOOSE:

1) 10 training sessions-\$149.99 per team member (each session is 1 hour)-5 days

2) 2 Day Clinic (6 total hours)-\$59.99 per team member---(BEST VALUE)

3) 3 Day Clinic (9 total hours)-\$74.99 per team member---(BEST VALUE)

TRAINING FOCUS

- Focus on Developing and Enhancing Speed, Quickness, and Agility
- Focus on Sprinting Form and Teaching Proper way to run
- Sport oriented and game oriented speed games and drills that will simulate speed situations in a game like situation
- Focus on Speed, Quickness, Agility and Plyometrics that is guaranteed to Improve speed, quickness, jumping ability, and athletic ability
- Focus on Injury Prevention and Structural Development
- Develop Foundations as well as advanced concepts of speed development and jumping development
- Average Improvement is .2 in 40 yard dash, 5 inches in vertical, and .35 in agility shuttle, 5 inches in standing broad jump (result can vary)

BENEFITS OF TRAINING

- Foot Quickness
- Overall Speed
- Acceleration to Ball
- Agility and Quickness to Mirror and Cover Defenders
- Breakaway Speed
- Running Technique as applied to Your Sport

REGISTRATION

Fill out Information Below to Register!

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Sport _____

Age _____

Grade _____

Position _____

Past Injuries _____

Allergies _____

Medical Conditions _____

Have You Had A Physical? (please circle) YES NO

T-shirt Size: s m l xl xxl

Pay By (please circle):

Credit Card _____ Check (see below)

Visa _____ Mastercard _____

Card Number _____

Name on Card _____

Address for Card _____

Expiration Date _____

Send Form and Check or payment form to Schuman's Speed c/o David Schuman, 637 Wyckoff Ave, Wyckoff, NJ 07481. Camp Questions and Training Question can be directed to David Schuman at 201-891-4119, by email at dschuman@schumanspeed.com or via web at www.Schumanspeed.com.

Can also fax registration to 201-221-7605.