

LEWIS F.A.S.T. CAMP
FOOTWORK AGILITY SPEED TRAINING
“A FASTER WAY TO YOUR FUTURE”

PHILOSOPHY:

Our goal is to focus on developing and enhancing the athlete’s speed, quickness, and agility through maximum effort drills in our **F.A.S.T.** Four Phase Training.

TRAINING OVERVIEW

What is included in **F.A.S.T.** training?

SPEED DEVELOPMENT

- *Sprint Mechanics and Form
- *Assisted Speed Development
- *Proper “START” Techniques
- *Linear Speed Drills

QUICKNESS DEVELOPMENT

- *Explosive First Step
- *Quick Starts and Stops
- *Quick Foot Drills

AGILITY DEVELOPMENT

- *Explosive Change of Direction
- *Lateral Balance
- *Stop and Start Acceleration

VERTICAL JUMPING DEVELOPMENT
(PLYOMETRICS)

- *Vertical, Horizontal, and Lateral Jumping Drills
- *Fast Rebounding Drills (Exploding into jump after landing)

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CONTACT: **Coach Gerard Lewis**
Phone 713-418-0153
E-Mail: coachlewis@lewisfastcamp.net
Coach Garza
Phone 713-740-0350 ext. 03269

WHEN: **June 30, 2009 – July 30, 2009**
Every Tuesday & Thursday
5:00 pm to 7:00 pm on June 30th thru July 10th
9:00 am to 11:00am July 21st thru July 30th

WHAT: **A speed camp designed to develop a faster, quicker**
more agile athlete.
Plyometric Drills which consist of various jumping
drills that will help with vertical explosion.

WHERE: **South Houston High School**
In the Girls Gymnasium and soccer field

*** WHY BE GOOD? BE GREAT! ***

COST: **\$40 per person**

A MINIMUM OF 30 ATHLETES REQUIRED

FOR INFORMATION PLEASE CONTACT COACH LEWIS @ 713-418-0153
E-MAIL coachlewis@lewisfastcamp.net

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Registration Form

Name of Participant: _____ Age: _____ Grade Level: _____

Address: _____

City: _____ ZIP _____

Parent/Guardian name: _____

Parent/Guardian contact phone number: _____

Emergency number: _____

E-Mail address: _____

Insurance Company and Policy: _____

School or organization hosting camp: South Houston High

Method of payment: Cash _____ Check _____ Money order _____

Checks made out to: Gerard Lewis

Adult T-Shirt size: _____

****Every session each athlete will leave with a sense of accomplishment**

FAST CAMP RELEASE OF LIABILITY FORM

The State of Texas:

Whereas, the undersigned parent/guardian does hereby expressly agree to indemnify and hold forever harmless South Houston High School/ Deana Garza, and Lewis Fast camp, it's successors, and assigns from and against any and all claims, demands, liability, penalties, damages, expenses and judgments of any nature and howsoever caused that may hereafter at any time be made or brought by the minor child/ward for the purpose of enforcing a claim for damage on account of the injuries sustained by the minor child/ward in consequence of the negligence of South Houston High School/Deana Garza, Lewis Fast camp it's officers, agents, or employees.

Date

Student Signature

Date

Parent/Guardian Signature