



# Creighton Prep Speed and Agility Camp

**\*\*For boys and girls entering 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades\*\***  
Activities will be organized by age groups

Sign up online at [www.creightonprep.creighton.edu/athletics](http://www.creightonprep.creighton.edu/athletics) and click summer camps or mail information to Creighton Prep c/o TJ Fyfe

## Camp Directors:

- TJ Fyfe (Football/Basketball Coach)
- Nick Svehla (Tennis/Basketball Coach)

**When: Tuesday May 30<sup>th</sup> – Friday June 2<sup>nd</sup>, 2017**

**Incoming 3<sup>rd</sup> – 5<sup>th</sup> Grade boys and girls:** 9:30 a.m. – noon.

**Incoming 6<sup>th</sup> – 9<sup>th</sup> Grade boys and girls:** 1:00 p.m. – 3:30 p.m

**Location:** Creighton Prep Athletic Facilities – We will use inside/outside practice facilities and will check in at Heider Center lobby everyday

**Cost:** \$80 which includes a camp t-shirt

**\*\*Waiver and Credit Card payments available online\*\***

**What to bring:** Indoor athletic shoes and water

**Additional Information:** For questions/concerns, contact TJ Fyfe at 212-9516 or [tfyfe@prep.creighton.edu](mailto:tfyfe@prep.creighton.edu) or Nick Svehla at 672-1922 or [nsveh@prep.creighton.edu](mailto:nsveh@prep.creighton.edu)

## Goals:

- Increased speed, agility, and quickness
- Improved balance and coordination
- Better flexibility and range of motion
- Increased power and explosiveness
- Enhanced athleticism
- Improved Vertical Jump
- Have Fun
- Meet new friends

## Outline of camp day:

- 1 – 1½ hours of speed and agility drills
- 1 – 1½ hours of competition/games
  - Football
  - Basketball
  - Soccer
  - Dodgeball
  - Handball
  - Other speed and agility games

**\*\* In case of inclement weather, we will use the Heider Center and Mullen gymnasiums \*\***

