Creighton Prep
Speed and Agility Camp

**For boys and girls entering 3rd, 4th, 5th, 6th, 7th, 8th, and 9th 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: Monday July 21st – Thursday July 24th, 2014

3rd – 5th Grade boys and girls: 9:30 a.m. – noon.
6th – 9th 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

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 **

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