

## Waiver

(Insert name of **esp** camp participant)

- Acknowledges and fully understands that, as a participant, he/she will engage in activities that may involve risk of serious injury, including permanent disability or death and/or severe social and economic losses, which might result from his/her actions, inactions or negligence, or from the actions, inactions or negligence of others, the rules of play, the conditions of the premises or any equipment used, or any and all of the foregoing. In addition to the foregoing, there may be unforeseeable and/or unpredictable risks unknown to **esp athletics South LLC**.
- Assumes all of the forgoing risks and accepts personal responsibility for any damages following such injury, permanent disability, or death.
- Releases, waives, discharges, and covenants not to sue **esp athletics South LLC** or its respective administrators, directors, agents, distributors and/or other employees of such organizations, other participants in this tournament and/or lessons, or the premises used to conduct this basketball tournament, all of which are hereinafter referred to as Releasers.
- Releases from any all liability to the undersigned, his/her heirs and/or next of kin, any and all claims, demands, losses, or damages caused, or alleged to be caused, in whole or in part by the negligence of the Releasers or otherwise.
- Grants full permission to any and all of the foregoing Releasers to use any and all photographs, videotapes, motion pictures, recordings, or other records of this camp.
- Acknowledges that he/she has read and fully understands the foregoing and certifies, represents, and agrees that he/she will comply with the foregoing.

Signature of Parent/ Guardian:

## Payment

Early Registration (March 4th - April 25th)	\$100
Late Registration (April 26th - May 10th)	\$125
Walk-up (May 16th - 17th)	\$150

## Sessions and Times

	1	2	3
JUNIOR	8 - 10 A.M.	4 - 6 P.M.	4 - 6 P.M.
SENIOR	11 - 1 P.M.	7 - 9 P.M.	7 - 9 P.M.

## Camp Location

Innovations Fitness  
1161 Meredith Park Drive  
McDonough, GA 30253

Phone: 404.944.8431

Email: [espathletics@live.com](mailto:espathletics@live.com)

[www.espathletics.com](http://www.espathletics.com)



## First Annual Football Camp

*High-Performance  
Training*

**Explosive**

**“Speed”**

**Power**

## About the Camp

**esp athletics** wants to teach young football players what it takes to perform as an elite athlete. This 2-day, 3-session camp will give boys between the ages of 9 and 19 the opportunity to learn football fundamentals and everything it takes to play the sport. The camp will feature a variety of coaches and athletes who have participated in different levels of competition. There is a maximum of 80 athletes per session, with each session being divided into two age groups:

**Junior:** ages 9 - 13; **Senior:** ages 14 - 19.

## MISSION STATEMENT

**esp athletics** has raised the bar in sports performance training. Our goal is not to outperform *our* competitors, but to have our athletes surpass *their* competitors. We will enhance individual athleticism in students in junior high and high schools.

## Camp Itinerary

### SATURDAY

Registration/Check-in: 7:00 A.M.  
Camp Overview: 7:45 A.M.

#### SESSION 1

Warm-up:  
Combine Preparation:  
Break:  
Speed Training:  
Stretching:

#### SESSION 2

Warm-up:  
Defensive/Offensive Skills:  
Break:  
Strength and Conditioning:  
Stretching:

### SUNDAY

#### SESSION 3

Warm-up:  
Combine Testing:  
Break:  
Conditioning:  
Stretching:

Closing Remarks/Questions

## Camp Application

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Age: \_\_\_\_\_

Shirt Size: (circle one)

Child: Small Medium Large

Adult: Medium Large XXL

Street Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

School: \_\_\_\_\_

### MAIL APPLICATION AND PAYMENT TO:

**esp athletics** South LLC

P.O. Box 1453

Stockbridge, GA 30281

### REFUND POLICY

Cancellations made on or before May 10th will be assessed a \$15 fee and the balance will be refunded after June 1st. All requests for refunds must be submitted to [espathletics@live.com](mailto:espathletics@live.com). No refunds will be made after May 10th.