

# HANOVER HAWKS SPEED and AGILITY CAMP

## CAMP SESSIONS (8 Sessions)



WHEN: Tuesdays and Thursdays – June 5<sup>th</sup> thru June 28<sup>th</sup>  
WHO: Ages 8 and up  
TIME: 7-8pm  
PLACE: Hanover High School Gym  
COST: \$10/Session



**\*\*Sign up before JUNE 5<sup>th</sup> and get one session FREE\*\***

Staff will include Hanover High Coaching Staff.

**This once a week training session will help athletes develop more speed, quickness, agility, and coordination. The camp is designed to provide a tool box of drills and activities to be used at home.**

Sessions will be held in the gym at Hanover High School. Athletes should have proper footwear and clothing to participate. Bring a friend or teammate. **SIGN-UP today as space is limited.** Can't wait to see you there!

**Mail entry form and check to: Hanover High School**

**Mail Form and Check to:**

**C.O. Mike Rohr**

**10307 Chamberlayne Road**

**Mechanicsville, Virginia 23116**

Please make checks payable to: ***Hanover High School in the amount of \$70***

Email Coach Rohr at: [mrohr@hcps.us](mailto:mrohr@hcps.us)

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Name of camper: \_\_\_\_\_ Parents name(s): \_\_\_\_\_

Email: \_\_\_\_\_

Age of camper: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell # \_\_\_\_\_

Waiver: I \_\_\_\_\_ (parent) give my child \_\_\_\_\_ permission to participate in this camp. I understand the chance of injury from participating in this camp is possible. I will not hold Hanover High School, Hanover County Public Schools, or any coach liable for an injury that takes place during this camp.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_