



Community Education

2019 IKE WEIGHTLIFTING & SPEED CAMP

High Intensity Training For Athletes



Take advantage of this unique fitness opportunity in our developmental camp. Students will receive:

- training for their specific sport
- intense training sessions
- coaching from a former NFL player during the speed and agility training.

Dates: June 17 to July 25
(No camp July 1 - July 4)

Days: Mon-Tue-Thu

Time: Weightlifting 7:00-11:00 am
Speed Training 9:00 am
(Students will only attend for 1.5 hours each day. Time by grade is given first day of camp– 7:00 am)

Place: Eisenhower High School

Grades: Entering 6-12

Coach: Chris Smith

Cost: \$130

Material Fee: Bring \$20 cash payable first day of camp at 7:00 am meeting.

To register by phone with a Visa, Master Card, Discover or American Express, please call UCS, Community Education (586)797-6900 OR mail the completed application below with your check to Utica Community Schools, Community Education, 38901 Dodge Park Rd., Sterling Hts., MI 48312.

To register online, visit www.ucsccommunityeducation.com/enrichment. **No refunds.**

2019 IKE WEIGHTLIFTING & SPEED CAMP - #6425-S19A

Student Name _____ Age _____ T-Shirt Size _____

Address _____ City _____ Zip _____

Student Phone _____ School Attending in Sept. _____ Grade 2019 _____

Parent/Guardian _____ Emergency Phone 1 _____

Parent/Guardian _____ Emergency Phone 2 _____

Cardholder's Name _____

Visa/MC/Discover/AMEX # _____ Security Code _____ Exp. Date _____

Cardholder's Address _____

E-mail address _____ Cash _____ Check # _____