



**2012  
0 to 60 Elite  
Speed & Agility Camp  
Joliet Central Field House  
February 26<sup>th</sup> – May 13<sup>th</sup>, 2012**

**Speed Camp Registration**

When: Thursday, February 16, 23  
Time: 5-7:00p.m.  
Where: Joliet Central Field house  
201 East Jefferson St.  
Cost: \$40 per child  
Ages: 7 – 14 (3<sup>rd</sup> thru 8<sup>th</sup> grade)

**Speed Camp 12 week Session**

When: Sunday, February 26, March  
4, 11, 18, 25 April 1, 15, 22, 29  
May 6, 13, 20  
Where: Joliet Central Field House  
Time: 3:30-5:30p.m.

**No Speed Camp April 8<sup>th</sup>**

0 to 60 Elite Speed Sports believe we can make a difference in our kids' lives! Our goal is to work out the boys and girls for 2 hours to build speed, agility, confidence, respect and motivation. Our camp value is to serve the community with pride and passion as a quality example of good sportsmanship to provide excellent skills training. This program will prepare the youth for today to become great leaders of tomorrow. We would like to create an exciting, energetic and uplifting environment that will have children coming back for more because of the positive feed back.

**In the twelve week session athletes will be taught how to improve:**

Quickness  
Speed  
Foot work speed  
Step quickness  
Lateral speed  
Agility  
Good sportsmanship

Camp staff: will include area High School Coaches and Football Coaches

Each player will learn specific drills and training exercises that will continue to help them improve in each of the key areas of speed and agility. **Excellent for athletes of all sports.**

For more information contact: Coach William Austin @ **815-791-3374** or  
Coach Terrell Pork **815-483-8242**