

Youth, Speed, Agility & Quickness Academy

Time: 11:00am– 12:15

Dates: Mondays & Wednesdays
June 8 - August 12

Ages: Athletes entering 6th, 7th, 8th grade in the Fall 2009

Cost: \$5/day or
\$70 for all 20 sessions (6 sessions free) or
\$50 for all 20 sessions (10 sessions free) if you sign up for another CDH Camp.



Location: Cretin-Derham Hall football field, located on the south side of CDH campus.

Instructor: Camp will be lead by Jerry Macken, CDH Co-Head Coach Track & Field and Director of Strength & Conditioning.

Format: Effective running technique will be broken down into its component parts and taught to help campers learn how to run efficiently. With efficient technique, campers will learn how to get faster for track & field or any sport where speed matters.

Registration: Return registration and waiver form in back, along with a check to:

Jerry Macken
2619 4th Ave E
North St. Paul, MN 55109

Questions/ Concerns: Jerry Macken
Email: gmacken@c-dh.org
Phone: (651) 696-3348



Please indicate if you are participating in another CDH camp.