



ACCELERATION NAPERVILLE

Faster, Higher, Quicker, Stronger

J.R. NIKLOS

TRAINING DIRECTOR, EX-NFL RB



2010 "HITTERS CAMP" JULY 18TH – 22ND, 2010



ACCELERATION NAPERVILLE IS EXCITED TO BE SPONSORING THE 8TH ANNUAL 2010 HITTER'S CAMP. THIS CAMP IS DESIGNED TO PROVIDE NEW OR CURRENT ST. RAPHAEL FAMILY FOOTBALL PLAYERS WITH AN "EDGE" ON THE FOOTBALL FIELD WHEN THE REAL SEASON BEGINS.

OUR PROGRESSIVE CAMP PLAN WILL CHALLENGE EACH PLAYER WITH EVERYTHING FROM UNDERSTANDING TEAMWORK TO IMPROVING ON SPECIFIC POSITION SKILLS. IN COORDINATION WITH **J.R. NIKLOS, TRAINING DIRECTOR OF ACCELERATION SPORTS PERFORMANCE OF NAPERVILLE**, TEACHING THE PHYSICAL TRAINING NEEDED TO BE A HIGH PERFORMING ATHLETE, THIS CAMP IS SURE TO HAVE A POSITIVE IMPACT ON EACH PLAYER. THIS WILL BE AN "OPEN" CAMP ENVIRONMENT WHERE PARENTS ARE ENCOURAGED TO OBSERVE THE INTERACTION OF THE COACHES AND PLAYERS DURING THE ENTIRE CAMP.

CORE CAMP OBJECTIVES

"PROGRESSIVE CAMP" COMBINING:

- TEAMBUILDING
- SKILLS & TECHNIQUES
- PHYSICAL TRAINING

PARTICIPANTS: NEW OR CURRENT SRF FAMILY PLAYERS ENTERING GRADES 5 – 8, FALL 2010

COACHING STAFF: PAST SRF PLAYERS, J.R. NIKLOS, ACCELERATION NAPERVILLE STAFF

LOCATION: COMMISSIONER PARK – NAPERVILLE

DATES: JULY 18TH: 3:30-5:30PM (CAMPER CHECK IN)

JULY 19TH – 22ND: 6:00-8:30PM (SEE CAMP INFORMATION PAGE)

"The Hitter Camp weigh in is your St Raphael season weigh in. There will be no reweighs."

CAMP FEES: \$100 PER PLAYER

www.accelerationpro.com



ACCELERATION NAPERVILLE

Faster, Higher, Quicker, Stronger

J.R. NIKLOS

TRAINING DIRECTOR, EX-NFL RB



ACCELERATION NAPERVILLE
2010 FOOTBALL CAMP REGISTRATION FORM
CAMP DATES: JULY 18TH – 22ND, 2010
LOCATION: COMMISSIONER PARK, NAPERVILLE



_____ 5 6 7 8 (Circle One)

Name of Participant _____ **Grade Entering Fall 2010**

_____ () _____

_____ **Emergency Phone Number**

Address

_____ **E-Mail Address**

Team(s) Played On _____ **Players Current Weight**

Camp Requests: My desire is to learn more about and to become better at the following positions:
(Check Below: (Must pick (1) Offense and (1) Defense)

Offense:	Quarterback	___	Defense:	Defensive Lineman	___
Check One	Running Back	___	Check One	Linebacker	___
	Offensive Lineman	___		Defensive Back	___
	Receiver	___			___

PARENTS (GUARDIAN) LIABILITY STATEMENT: I, PARENT OF _____, DO HEREBY GRANT PERMISSION FOR MY CHILD, A MINOR, TO PARTICIPATE IN THE 2010 ACCELERATION NAPERVILLE FOOTBALL CAMP. I HEREBY RELEASE ACCELERATION NAPERVILLE, THE SCHOOLS, THE PARISHES AND ALL OTHER PARTICIPATING SCHOOLS AND THEIR AGENTS, COACHES, MANAGERS, ALL LEAGUE OFFICIALS AND BOARD MEMBERS FROM ANY LIABILITIES WHICH MAY ARISE OUT OF OR CAUSED BY ANY INJURY TO MY CHILD WHILE PARTICIPATING IN THIS CAMP. I DO ALSO AGREE TO INDEMNIFY ACCELERATION NAPERVILLE, St. RAPHAEL, Sts. PETER & PAUL, ALL SAINTS ACADEMY AND St. JOAN OF ARC CHURCHES, SCHOOLS AND PARISHES, THE NAPERVILLE PARK DISTRICT, NAPERVILLE SCHOOL DISTRICT 203 AND 204 AND ALL OTHER SCHOOLS AND ALL COACHES, MANAGERS, OFFICIALS AND BOARD MEMBERS FOR ANY AND ALL SUMS PAID AS A RESULT OF PROSECUTION OF MY CHILD. I AGREE THAT IT IS MY RESPONSIBILITY TO PROVIDE MY CHILD WITH PRIMARY HOSPITAL AND MEDICAL INSURANCE AND ACCELERATION NAPERVILLE, THE SCHOOLS, PARISHES OR SRF FOOTBALL ARE NOT RESPONSIBLE FOR DOING SO. I AGREE TO PROVIDE MY CHILD WITH AN APPROVED NOSCSAE HELMET AND FACEMASK.

PARENT SIGNATURE: _____ **DATE:** _____

CAMP FEES: \$100 PER PLAYER

MAKE CHECKS PAYABLE TO: **2010 HITTERS CAMP**
MAIL PAYMENT AND THIS FORM TO:
2010 HITTERS CAMP
931 W. 75TH STREET, STE. 137-264
NAPERVILLE, IL 60565

OFFICE USE ONLY: _____
DATE RECEIVED: _____
CONFIRMATION SENT: _____

www.accelerationpro.com