FRANKLIN ATHLETICS SPARQ CAMP Speed, Power, Agility, Reaction and Quickness 2024

**When: June 10, 11, 12, 13 Mon-Thurs 1pm-2:30pm Where: Franklin HS Track**

**For Franklin athletes of all sports entering grades 9-12 - COST: $40.00.** Presented by: Ted Lang of Team Speed and Nike SPARQ Trainer. Focus on improving sprint mechanics, sprint speed, acceleration, quickness, change directions, flexibility, explosive starts, core strength development, lateral speed, balance & coordination. **New to camp:** Functional Movement Assessment for injury prevention and improved performance .Sports Yoga stretches added for improved flexibility Combine drills on last day. **Improve your 40 yd dash-Improve your speed & quickness-Improve your athletic skills. Ted Lang** is the director and founder of **Team Speed**. He has 30 years of experience in sports training. He is a former College Coach and athlete with 8 years of experience as an assistant coach for Florida State University and Tulane University Speed & Athletic Camps. He has 15 years working for NFL Speed Inc. at Disney Wide World Sports in Orlando, FL. Ted is a **Nike SPARQ Trainer** and is a Certified Speed and Agility Coach and Certified Strength and Conditioning Coach. He has been a Physical Education Teacher, First Responder, Assistant Strength & Conditioning Coach/Agility & Fitness Coordinator for the **Milwaukee Brewers** and with the **Kansas City Royals** as Speed & Agility Coach. He is also a consultant to many Colleges, High Schools and Youth Sports Teams.

**Coach Lang’s program** recently produced 18 All-State Football Players and many all-conference selections of all sports. Coach Lang’s techniques also assisted 7 MLB All-Stars, 3 MLB Gold Glove Winners, World Series MVP, 2015 World Series Champs Kansas City Royals and 2 NFL All Pro’s in 2019. Currently, there are over 25 active MLB Players and 8 active NFL Players that Coach Lang’s training has helped. **Here are a few athletes** that have benefitted from Ted Lang’s training:MelvinGordon(15th pick NFL draft), Salvador Perez(Royals),Brandon Brooks(Texans), David DeJesus (Cubs), Wil Meyers (Padres), Eric Hosmer (Padres), Lorenzo Cain (Brewers), Alex Gordon (Royals), Eric Murray (Cowboys), Craig Counsel, Ben Sheets (Brewers), Billy Owens (NBA), Antonio Freeman (Packers), Nike Basketball Clinics, Soccer Clinics, Rugby Teams, Baseball/Softball Teams, Lacrosse Teams, Track& Field Clinics, Football Teams and many more athletes, teams, clinics and coaches.[**www.tedlang-teamspeedfitness.com**](http://www.tedlang-teamspeedfitness.com)

**Mail registration form and payment to: Ted Lang at 2356 N 69th St Wauwatosa, WI 53213. You can also give registration to Coach Brown at the High School – CHECK or CASH. Make check payable to TEAM SPEED.** Contact Ted Lang @ [tlang@milwpc.com](mailto:tlang@milwpc.com) 262-781-3898 with any questions. **Sign Up ASAP to reserve spot. Registration also accepted on 1st day – COST is $40.00.** -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- REGISTRATION AND PARENTAL CONSENT FORM Franklin Camp 2024

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I hereby grant permission for my child to attend the Team Speed Camp and verify that my child has received a physical examination within the last year and is physically able to participate in camp activities. I hereby authorize Team Speed Staff to act accordingly to their best judgment in the case of emergency. I hereby waive and release the camp/or its agents/employees from any and all liability for injury or illness to my child as well as damage done by my child at the camp. PARENT OR GUARDIAN SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ATHLETE’S SIGNATURE IF 18 yrs. orolder: \_\_\_\_\_\_\_\_\_\_\_\_\_