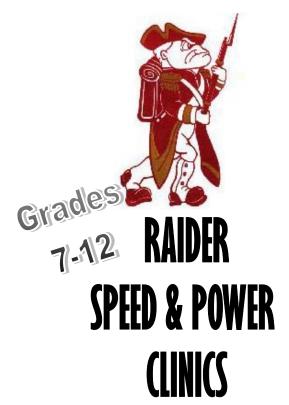


2018



James E. McFarland JR., MA Ed., Hillsborough High School SPEED & POWER CLINIC SERIES 466 Raider Blvd

Hillsborough, NJ 08844

## cscs RAIDER STRENGTH AND CONDITIONING

any qualified staff member to apply first aid and/or arrange for emergency transportation if needed to be used as a primary insurance with Hillsborough Board of Education as a secondary Finally, as parent or guardian, I/we do carry proper medical insurance and understand that this is liable for any injuries that may occur as a result of camp related activity. I/We also give permission to carpool arrangements or otherwise for our child. I/We will not hold the Hillsboroughschool district I/We understand that transportation is not available for this activity and that we are responsible for

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Iome Address	Email Address	ldress
Signature of Parent/Guardian	Date	Home Phone
Emergency phone #	Relationship to player	player

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When:

TUESDAYS AND THURSDAYS 6 WEEK PROGRAM 10:00a.m.—11:00 a.m.

## What to Bring:

Shorts Water Bottle/Jug T-Shirts Sweats

Sneakers (when necessary)

Cleats (fall field sports)

Who:

Enrolled in grades 7-12 in fall 2018

Hillsborough Raider Strength and conditioning is proud to present our research proven speed clinic series. Coaches from HHS will provide instruction to increase lower body power and speed, as well as basic agility skills. There will be emphasis on proper warm-up, muscle activation techniques, postural strength, plyometrics, and flexibility.



## **TUESDAYS & THURSDAYS**

**FALL** 

SESSIONS
<u>WINTER</u>
See Online Brochure

**SPRING** 

\*SUMMER

Tues./Thurs. 10:00—11:00 a.m. June 26— August 2, 2018 \*Intensive 1 Hr. Sessions

Please detach and fill out both sides of the form to the right, and mail a check for \$80.00 payable to *Hillsborough Board of Education* 

## Have Any Questions? Need Information?

www.htps.us click -High School, click-Athletics, then click-Raider Strength and Conditioning

> CONTACT JIM MCFARLAND MA Ed., CSCS (908) 874-4200

to result in varying degrees of

We are aware that all athletic activities involve the

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disability or