



Monday, July 25th – Thursday 28th (9:00am – Noon)

DO YOU WANT TO RUN FASTER? JUMP HIGHER? LAST LONGER? BE MORE AGILE?

The **STEVE SILVEY, OREGON SPEED DEVELOPMENT CAMP** and the **XO SPEED, HOPS AND ENDURANCE DEVELOPMENT CAMP** have combined to form the **XO ATHLETIC CAMP**. This camp is designed for athletes of all sports who want to improve their overall athleticism. Learn training tips and techniques from former **UNIVERSITY OF OREGON** athletes, turned **TEAM XO**, that will help YOU become better in your sport. Our staff has competed at the Pac-10 and National level and knows what it takes to become great athletes. Whether its football, basketball, baseball, soccer, track & field, cross country, volleyball, wrestling, or any other sport; you will benefit from our elite coaching staff's knowledge on how to **IMPROVE YOUR ATHLETICISM** to help you in all sports!! Our staff has been coached by some of the best coaches in the country and are ready to pass their knowledge on to you. You know how to play your sport, now learn how to **EXCEL** at it. Our camp will teach you the fundamentals that will help you to increase your speed, endurance, agility, and jumping ability so you can get the edge in your sport. Campers will watch numerous demonstrations, receive evaluations, participate in drills and daily competitions with tons of prizes as well as listen to a featured guest speaker each day. **All campers will also receive a T-Shirt !!!!** Sign up now and start becoming a better athlete today!!!!!!!

Our coaching staff includes **ALL-AMERICANS, PAC-10 CHAMPIONS, OLYMPIC TRIALS PARTICIPANTS**, and **RANKED US ATHLETES**. These camp counselors have been to the highest level of sport, and want to share that knowledge with you. *For more information on camp counselors and there bios visit www.teamxo.com and click on the camp link.

Our camps are designed to offer quality, small group instruction in techniques and training for all individuals. Our staff is aware that our campers represent a wide variety of skills, talents, and experience and are prepared to accommodate those needs.

<p>CAMP LOCATION:: Hayward Field Warm-up Track University of Oregon 18th & Agate Street (South Campus) Eugene, Oregon 97403</p>	<p>LOCAL CONTACT:: Coach Ross Krempley Team XO (541) 579-TEAM www.teamxo.com email: camp@teamxo.com</p>
<p>COST OF CAMP:: * (Deadline 7/22 by 5:00pm) *A \$20 charge will be added to late registers. -\$95 Camper, Fee includes tuition, snack, t-shirt, insurance and fun. -\$85 Group Rate (per person). For groups of 3 or more. Applications must be received together.</p>	<p>MAIL APPLICATION TO:: Team XO :: P.O. Box 3915 Eugene, OR 97403 <i>*Copies of the Registration Form can found on the web at www.teamxo.com click on the enter xo camp site link.</i></p> <p>MAKE CHECKS PAYABLE TO:: Team XO Inc.</p>

REGISTRATION:: 8:30 to 9:00am (First Day) **AGES::** 10-15
CAMP DATE/TIME:: July 25th -28th (9:00am – Noon (all four sessions))

REGISTRATION FORM::



Team XO | P.O. Box 3915 Eugene, OR 97403 | Phone:: (541) 579-TEAM
| e-mail:: camp@teamxo.com | website:: www.teamxo.com

Please Print::

Name _____
Street Address _____
City, State, Zip _____
Telephone (____) _____
Grade (Fall 2003) _____ Age ____ Sex: M ____ F ____
School Name _____
Coach's Name _____
Parent's Name _____
T-Shirt Size: S ____ M ____ L ____
How did you hear about the camp?
__Newspaper __Website __Friend __Demonstration __Other
Which part(s) of the camp will be your focus?
__Speed __Jumping __Endurance __Agility __All

Circle Preferred Sport(s)

Football
Soccer
Cross Country
Volleyball
Wrestling
Basketball
Swimming
Golf
Softball
Baseball
Tennis
Track & Field
Other _____

PARENTS::

In case of emergency, please list your name and telephone number

Parent Name: _____ Parent Email: _____
Phone(____) _____ Work(____) _____ Cell(____) _____

REGISTRATION FEES:: (Deadline 7/22 by 5:00pm) A \$20 charge will be added to late registers.

*Registrations will be accepted until 8:45am on the first day of camp (7/25).

\$95 Day Camper, Fee includes tuition, snack, insurance, t-shirt, and fun. _____
OR

\$85 Group Rate (per person). For groups of 3 or more. Applications must be received together. _____

*Take an additional \$5 off if you find the four digit code from the www.teamxo.com website

The four digit code is _____

TOTAL _____

Sorry, no credit cards. Make checks payable to: Team XO Inc.
Mail to: Team XO, P.O. Box 3915 Eugene, OR 97403.

Insurance Provider: _____ **Group or Policy #** _____

Please list any Medical Condition that the camp should be made aware of and Any medication the athlete is Allergic to: _____

PARENTAL/GUARDIAN CONSENT::

I hereby grant permission for my child to attend the XO Athletic Camp. I verify that my child has received a physical examination in the past three years and is physically capable to participate in the activities related to the camp. In case of medical emergency, I hereby authorize the staff of the XO Athletic Camp (and members of team xo) to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release the camp and/or its' agents or employees from any and all liability for injury or illness to my child as well as any injury or damage caused by my child while at the camp.

Must be signed by a parent or guardian _____ **Date** _____

*All athletes Must have their own Medical coverage to participate. Athletes will not be allowed to take part unless this waiver is signed by the parent/guardian.

*Copies of the Registration Form can found on the web at www.teamxo.com click on the enter xo camp site link.

*Team XO is a non-profit organization helping gifted athletes reach Olympic goals.