

# What Can I Expect From the Camp?

The program is a system of progressive drills, exercises, and instruction aimed at developing a faster, quicker, stronger and more agile athlete as well as developing motor development for any age group. The camp will be speed, strength and agility based, focusing on drills and activities that are a must for any athlete.

Speed, strength and agility play an important role in motor coordination, acceleration, balance, change of direction and reaction time for all ages, at all levels. These attributes are attainable to any athlete with the proper instruction and methods. The program will help strengthen the muscles around the joints, thus reducing the risk or severity of injuries. Activities and drills will vary and are specific to age group.



Camp will be held at the Athletic Training Center at Texas Tech University. Spaces are limited so please mail in, go online, or email to secure your spot. There will be sign-ups 30 minutes before first day of camp if space is available.. Go to [texastech.com](http://texastech.com) (camps link), [tory.stephens@ttu.edu](mailto:tory.stephens@ttu.edu), or call 806-789-6409 to register

**Tory Stephens**  
Athletic Training Center  
6th & Boston  
Texas Tech University  
Lubbock, TX. 79409

# Texas Tech



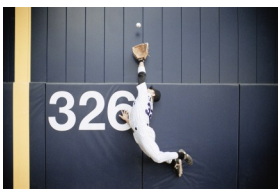
## Multi-Directional Speed, Strength, & Agility Camp



- **Sport specific speed**
- **Agility and Plyometrics**
- **Quickness and Acceleration**
- **Mobility, Stability, Strength**
- **Dynamic Flexibility**
- **For Boys & Girls ages: 7 — 18**

# Don't miss out on a great opportunity this summer!

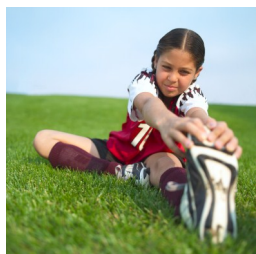
Are you doing everything you can to make yourself and your team better? Do you dream and aspire of getting a scholarship or a starting spot on the team? A little time, commitment, and dedication with the direction of excellent leadership can help you attain your goals.



## What To Bring:

- Tennis shoes, shorts, T-shirt
- Water bottle

**\*Per NCAA a booster or other representative of Texas Tech's athletic interests may not provide expenses to prospective student athletes to attend a Texas Tech camp or clinic.**



## Who Is This For?

This is for any and all entrants of two age groups: 7-12 yr. old and 13-18 yr. old. Boy or girl that wants to enhance athletic performance with proper instruction, drills, and methods.

## Camp Director



My name is Tory Stephens. I am a certified Strength and Conditioning Coach with 14 years collegiate experience, as well as CPR/AED and First Aid certified. I hold the distinguished Master Strength & Conditioning Certification/Award which is the highest achievement a strength & conditioning coach can receive and only 92 people in the country have. I received my degree in Exercise Science and Physiology from Texas Tech University and am currently the Associate Head Strength & Conditioning Coach and Director of Sports Nutrition at Texas Tech University. Myself and my staff will conduct all sessions of the camp.

## Sign-Up Form

Tuesdays and Thursdays

June 21, 23, 28, 30,

July 12, 14, 19, 21, 26, 28

\*no sessions week of July 4th

	Time	Price
<input type="checkbox"/> 7-12 yr old	12:-00-1:30	\$125
<input type="checkbox"/> 13-18 yr. old	1:30-3:00	\$125

### Method of Payment

Check Make checks payable to Tory

Cash

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone & Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Age: \_\_\_\_\_

I do hereby, for myself, release and discharge all personnel of this camp for all claims or damages, demand, action, or any manner arising or growing out of my participation at Texas Tech Multi-Directional Speed, Strength and Agility Camp. I attest and verify that I, without endangering my health, hereby release all personnel from any liability now or in the future. Including, but not limited to heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back or foot injuries or any other illness occurring during or after my participation in the program. If any injury occurs, I reserve the right for camp personnel to take action through medical facilities in the area. I have read the information in full, and to the best of my knowledge understand the information in full.

Signature of Parent or \_\_\_\_\_

Guardian

Date: \_\_\_\_\_