

**SPEED AND CONDITIONING  
SUMMER CAMPS**

**COST:**  
**\$90** for the first  
EDGE Camp  
(\$80 for each additional  
camp)



**Ages:**  
**8-11/Jr. Edge**  
**and 12-17/  
Middle-High  
School**

**SPEED CAMP**

**SPEED CAMP** is open to **ALL** athletes whose goal is to become faster!

- Increase your 40 yard time
- Improve your ability to accelerate
- Quicker starts and more explosive straight line movement
- Improve your overall running mechanics

**DATES**  
(choose either Medina or Twinsburg location)  
JUNE 14-17  
JULY 5-8  
JULY 12-15  
JULY 26-29  
**TIMES**  
10:00am-11:30am - 8-11/Jr. Edge  
11:30am-1:00pm - 12-17/MS & HS



**CONDITIONING CAMP**

**CONDITIONING CAMP** is open to **ALL** athletes whose goal is to become healthier

- Use proven techniques and drills to get yourself in great shape
- Understand basic nutrition and create a plan for execution
- Get in better playing shape before the start of your season

**DATES**  
(choose either Medina or Twinsburg location)  
JUNE 21-24  
JULY 19-22  
**TIMES:**  
10:30AM-12:00pm  
Conditioning Camp is designed for athletes ages 12-17. Younger athletes must have the permission of our Edge trainers to register for the camp.



**EDGE COACHES**  
**Brian White (Twinsburg): NSCA-CPT-CSCS, BS, Exercise Science, Kent State University**  
**Jessica Markowski (Medina): CSCS, PES, BS, Exercise Science, Slippery Rock University**

**Pinnacle Sports, Medina**  
**Address: 313 Medina Rd., Medina, OH 44256**  
**Phone: 330-239-0616**

**Pinnacle Sports, Twinsburg**  
**Address: 9550 Ravenna Rd., Twinsburg, 44287**  
**Phone: 330-239-0616**



[www.pinnaclesports.org](http://www.pinnaclesports.org)

OVER →

For details on Pinnacle/Edge Speed, Agility and Conditioning Camps and all programs, visit our website at:

[www.pinnaclesports.org](http://www.pinnaclesports.org)

**PINNACLE/EDGE SPEED AND CONDITIONING CAMP REGISTRATION FORM**

ONE APPLICATION PER PERSON - MAKE COPIES IF NEEDED - PLEASE PRINT

Participant/Camper Name: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Gender:            M            F            DOB: \_\_\_\_\_ Grade: \_\_\_\_\_

Emergency Contact (if applicable): \_\_\_\_\_

Phone: \_\_\_\_\_ Phone 2: \_\_\_\_\_

PLEASE CHECK THE APPROPRIATE LINE:

	Medina	Twinsburg	8-11	12-17
Speed Camp				
June 14-17	_____	_____	_____	_____
July 5-8	_____	_____	_____	_____
July 12-15	_____	_____	_____	_____
July 26-29	_____	_____	_____	_____
Conditioning Camp				
June 21-24	_____	_____	_____	_____
July 19-22	_____	_____	_____	_____

**COST: \$90/CAMP or \$80/ADDITIONAL CAMPS**

AMOUNT ENCLOSED: \_\_\_\_\_

CASH: \_\_\_\_\_ CHECK #: \_\_\_\_\_

CREDIT CARD: VISA    MASTERCARD    AMEX

EXP. DATE: \_\_\_\_\_

CREDIT CARD #: \_\_\_\_\_

I agree to abide by all the rules of Pinnacle Sports and the EDGE. I waive all claims against Pinnacle Sports and the EDGE for issues resulting from the activity of this program. I agree that my child's photo may be used in future Pinnacle Sports/EDGE publicity.

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_  
PARENT/GUARDIAN PRINTED NAME