

# SCHUMAN'S SPEED CENTER

Speed, Quickness, Agility, Jumping, and Conditioning Camps

Developing Sport Specific Speed For Athletic Superiority!



201-587-0965

[www.schumanspeed.com](http://www.schumanspeed.com)

schumanspeed@aol.com



**4 Week Camp:**  
**July 7-August 1**  
**(12 Sessions) 3 days per/wk**  
**1 hr per session**

**2 Week Camp:**  
**Session 1: July 7-July 18**  
**Session 2: July 21-August 1**  
**1 hr per session**  
**(6 Sessions) 3 days per/wk**

## TRAINING SESSIONS INCLUDE:

- Dynamic Warm-up
- Quickness Drills
- Agility Drills
- Jumping Drills
- Speed Development and Sprinting
- Enhanced Speed Development
- Speed Conditioning
- Sport Specific Training and Drills
- Dynamic Cool-down

## COMPLETE TESTING IN:

- Vertical Leap
- 40 Yard Dash
- 20 Yard Dash
- 20 Yard Short Shuttle
- 300 Yard Shuttle
- 3 Cone Drill
- Standing Broad Jump
- BFS Dot Drill

## SPORT SPECIFIC TRAINING FOR:

Football	Lacrosse
Basketball	Soccer
Baseball	Track and Field
Softball	Field Hockey
Volleyball	Tennis

**Located at:**  
**Bishop McNamara High School,**  
**6800 Marlboro Pike (Forestville),**  
**MD**

## WE DEVELOP SPEED PERIOD!

Schuman's Speed Center is training athletes like yours to get them faster, quicker and in better condition specific to your sport! The program was developed by Howard Schuman, NJ Hall of Fame Inductee Track and Field Coach and David Schuman, former UCONN Football and Track Athlete and Current Football and Track Coach at Saddle Brook High School. The program is applicable and specific to your sport. All skill, speed and conditioning will be focused 100% on getting athletes ready to play on game day at top speed for the complete game.

Our programs are designed to get your athletes ready for the upcoming season. It is very challenging and is designed to push your athlete's to the upper limit. We test everything applicable to your sport and then train them to get ready for the season. Our program gets results and you will be trained by speed and conditioning specialists who are the best! There are no gimmicks, just results! We will make your athletes faster, quicker, and in better condition for your sport. Our focus is on the complete development which includes speed, quickness, game specific skills, position specific skills, game conditioning, and overall athleticism.

## Speed Athletes Registration Form \$135 for the Full 4 Week Program \$100 for 2 Week Program

Fill out Information Below to Register!

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Sport \_\_\_\_\_  
Age \_\_\_\_\_  
Grade \_\_\_\_\_  
Position \_\_\_\_\_  
Past Injuries \_\_\_\_\_  
Allergies \_\_\_\_\_  
Medical Conditions \_\_\_\_\_  
Have You Had A Physical? (please circle) YES NO  
You're Signature \_\_\_\_\_  
Parent's Name \_\_\_\_\_  
Parent's Signature \_\_\_\_\_  
**Camp Interested In: (please circle one)**  
4 week camp- \$135, 2 week camp- \$100,  
personalized training- \$75 an hour  
**Program Location:**  
Bishop McNamara High School, 6800 Marlboro  
Pike (Forestville), MD  
**Preferred Time (please Circle)**  
8- 9:00 AM, 9- 10:00 Am, 6:00- 7:00PM, 7:00PM-  
8:00PM  
**Days Camp Will be Held:**  
Mon, Wed, Fri

## Pay By (please circle):

Credit Card \_\_\_\_\_ Check (see below)  
Visa Mastercard  
Card Number \_\_\_\_\_  
Name on Card \_\_\_\_\_  
Address for Card \_\_\_\_\_  
Expiration Date \_\_\_\_\_

Please have this form filled out, signed and returned by June 30, 2003. Send Form and \$100 check (2 week program) or \$135 (4 week program) to Schuman's Speed c/o David Schuman, 49 Finnigan Ave. Q- 3, Saddle Brook, NJ 07663. Camp Questions and Training Question can be directed to David Schuman at 201- 587- 0965, by email at schumanspeed@aol.com or via web at [www.Schumanspeed.com](http://www.Schumanspeed.com). The week of July 1st all campers will be called and informed of their acceptance, camp location, day and session they will be attending for the camp.

