

SOUTHERN LEHIGH GIRLS

ALL-SPORTS

SPEED, AGILITY & EXPLOSION CAMP

WINTER 2025/26

Eric Markovcy Owen Breninger Dom Carlineo Dylan Baxter

AGILITY STRENGTH



ED RUISZ'S SPEED ADVANTAGE TRAINING INC.

WWW.SPEEDADVANTAGETRAINING.COM

LOCATION: LEHIGH UNIVERSITY
CUNDEY VARSITY HOUSE, SMITH CENTER

GRADES: 4-7 GRADE

SPORTS: BASEBALL, BASKETBALL, FOOTBALL,
LACROSSE, SOCCER,
TRACK & FIELD AND VOLLEYBALL

DATES: MONDAY 12/22
TUESDAY 12/23
FRIDAY 12/26
MONDAY 12/29
TUESDAY 12/30
FRIDAY 1/2
(6 TOTAL SESSIONS)

WEATHER MAKE UP DATE (IF NEEDED):
1/3 @ 9:00-9:55

TIME: 11:00-11:55AM

PRICE: 6 SESSIONS- \$120
5 SESSIONS- \$105
4 SESSIONS- \$90
3 SESSIONS- \$75
BONUS

ADD TWO AGE-APPROPRIATE LIFTING SESSIONS FOR ONLY \$35
EACH ON FRIDAY 12/26 AND FRIDAY 1/2 FROM 10:15-10:50

ATHLETES CHOOSE THE DATES OF THEIR SESSIONS. MIX AND
MATCH ANY COMBINATION OF DAYS TO FIT YOUR SCHEDULE.
(DOES NOT NEED TO BE PREDETERMINED)

NOTE: A MINIMUM OF 15 KIDS IS REQUIRED FOR THE CAMP TO
RUN, AND REGISTRATION WILL CLOSE ONCE WE REACH 25
PARTICIPANTS.

THESE MATERIALS ARE NEITHER SPONSORED NOR ENDORSED BY
THE BOARD OF EDUCATION OF SOUTHERN LEHIGH, THE SUPER-
INTENDENT, OR THIS SCHOOL

PLEASE CALL OR E-MAIL
SPEED ADVANTAGE TRAINING AT
(610) 390-7005 OR
ERIC@SPEEDADVANTAGETRAINING.COM
IF YOU HAVE ANY QUESTIONS



ED RUISZ'S SPEED ADVANTAGE TRAINING INC.
4432 VERA CRUZ RD
CENTER VALLEY, PA 18034

U.S.
Postage

REGISTRATION FORM (SLG26)

FILL OUT AND MAIL OR [REGISTER ONLINE @
WWW.SPEEDADVANTAGETRAINING.COM/CAMPS](http://REGISTER ONLINE @ WWW.SPEEDADVANTAGETRAINING.COM/CAMPS)

NAME: _____

CUT ALONG THIS LINE
PHONE: _____

EMAIL: _____

SCHOOL: _____

AGE : _____ SPORT(S): _____

IF PAYING BY CREDIT CARD



PRICE: _____

CARD TYPE: _____

CREDIT CARD #:

EXPIRATION DATE: _____ / _____

CVV CODE: _____

BILLING ZIP CODE _____

SIGNATURE: _____

PLEASE NOTE: BY FILLING OUT THIS FORM YOU GIVE YOUR
CONSENT THAT ANY PHOTOS TAKEN DURING TRAINING MAYBE
USED BY SAT. PLEASE CHECK BELOW IF YOU WOULD
PREFER THEY NOT BE USED. Do Not Use

**REGISTER ONLINE OR PAYMENTS ALONG WITH
THIS FORM CAN BE MAILED TO:**

Ed Ruisz's SPEED ADVANTAGE TRAINING INC.
4432 VERA CRUZ RD
CENTER VALLEY, PA 18034

CHECKS SHOULD BE MADE PAYABLE TO:
Ed Ruisz's SPEED ADVANTAGE TRAINING INC.

PLEASE FILL OUT REVERSE SIDE

RELEASE FOR MINORS

The undersigned parents (or legal guardians) intending to be legally bound, agree as follows:

1. That _____ (child) voluntarily participates in the Program described on the reverse side of this document and enters into and upon the premises described therein for the purpose of participation in said Program, with the express permission of the undersigned.
2. That the undersigned has/have inspected the location and facilities where the Program is to be held and know(s) and understand(s) the risks and dangers involved in the activities which are conducted in connection with the Program. The undersigned further know(s) and understand(s) that unanticipated and unexpected dangers may arise in the course of participation in the Program and/or activities related thereto.
3. That, in consideration of the permission granted the undersigned to allow the above-named child to participate in the Program and to enter upon the premise described, the undersigned do/does hereby for himself/herself (themselves), and his/her (their) heirs, administrators, assigns, release, remise and discharge Eric Markovey, individually, Ed Ruisz's Speed Advantage Training, Inc., the owners and possessors of the premise, and all other owners, operators, instructors and sponsors of the Program and/or equipment utilized in the Program and their respective agents, servants, employees and instructors, of and from all claims, demands, actions, and causes of action of any sort, for injuries sustained to the above-named child and/or property arising out of, or in any way relating to, his/her participation in the Program, due to negligence or any other fault, and whether the same occur on or off the premise.
4. The undersigned intend by this Release to waive all claims for negligence, products liability, breach of contract, or breach of warranty against the individuals and entities described in paragraph 3, above, including but not limited to any and all claims for personal injury and property damage whether or not based on the sole negligence of said individuals or entities specified above in paragraph 3. This Release shall cover and include all areas, activities, and acts, both on or off the premise, which in any way relate to, or arise out of, my/our child's participation in the Program, including but not limited to parking facilities, sidewalks, land, track, field, training equipment, showers, rest rooms, hallways, lobbies, transportation, physical activities, athletic endeavors, athletic training and every other area, activity or act connected with the Program.
5. I/We further represent and certify that I/we am/are fully aware of the fact that the Program involves intense, athletic training and physical exertion, and I/we represent and acknowledge that my/our child is in good physical condition and is capable of participating safely in this Program. I/We further represent that the child has been examined recently by a physician who has placed no limitations on the child's ability to participate in the Program.

6. I/We understand that there are many "clinics" and Programs offered throughout the geographical area for the purpose of athletic training and instruction in competitive sports, and accordingly, I/we certify that the attendance of the above-named child in the Program is voluntary, and that the undersigned is/are not in any way, the employees, servants or agents of the owners, operators or sponsors of the Program, the premises and the activities therein.

7. I/We understand that this Release shall be valid and extend to all aspects of my/our child's participation in the Program and the individuals and/or entities specified in paragraph 3, above. I/We further understand that this Release shall apply to and remain in full force and effect for any and all subsequent Programs which are sponsored by Ed Ruisz's Speed Advantage Training, Inc. and in which my/our child participates.

I/WE HAVE READ AND UNDERSTAND THE FOREGOING RELEASE, AND BY AFFIXING MY/OUR SIGNATURE(S) TO IT, SIGNIFY MY/OUR CLEAR INTENTION TO BE LEGALLYBOUND

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Child's Name

Age

Mother / Guardian (print)

Mother / Guardian (signature)
OR

Father / Guardian (print)

Father / Guardian (signature)

GET THE ADVANTAGE

What is SAT?

The team of coaches at Speed Advantage Training are all Strength and Conditioning coaches at Lehigh University, each with a rich background in the field and an abundant amount of experience working with athletes of different sports. Over the last decade, SAT has trained athletes ranging from youth league players to Division I College athletes, even NFL starters and an Olympic Gold Medalist. The SAT camps are designed to not only improve each athlete's speed and explosiveness, but more importantly, to build intangibles that will help win games and championships. Athletes will work and sweat together, develop leadership skills, build toughness, and strive to capture that "it factor" that will separate them from other teams. The technique and knowledge that an athlete leaves with will have a lasting effect on them that will be carried on to the field. So give us a try and get ready to reach new levels of athletic performance.

**TRAIN AS A TEAM...
WIN AS A TEAM**



SPEED

AGILITY

STRENGTH

EXPLOSION

INJURY PREVENTION

LEADERSHIP

TOUGHNESS

WE TRAIN TO MAKE PLAYS

