

PALISADES HIGH SCHOOL
SUMMER 2026
SPEED, AGILITY & EXPLOSION CAMP
PRESENTED BY



WWW.SPEEDADVANTAGETRAINING.COM

ALL CAMPS ARE OPEN TO ANY/ALL ATHLETES!
*LIMITED BY CAMP SIZE AND AGE

LOCATION: PALISADES HIGH SCHOOL
TURF FIELD

GRADES: GRADES 7 –12 (SEPT 2026)

DATES: & TIMES:

TUESDAYS & THURSDAYS
JUNE 9 – JULY 23
3:30 -430PM
NO CAMP JUNE 30 AND JULY 2
(12 TOTAL SESSIONS)

PRICE: \$50 (MADE PAYABLE TO:
"PALISADES SPORTS BOOSTERS")

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

REGISTRATION FORM (PALIS26)

FILL OUT AND MAIL OR REGISTER ONLINE @
WWW.SPEEDADVANTAGETRAINING.COM/CAMPS

NAME: _____

PHONE: (____) _____

EMAIL: _____

GRADE : _____

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

PAYMENTS CAN BE GIVEN TO:
COACH BOBBY SMITH

CHECKS SHOULD BE MADE PAYABLE TO:
PALISADES SPORTS BOOSTERS FORMS CAN BE

GIVEN TO:
COACH BOBBY SMITH (FILL OUT REVERSE SIDE)
OR FILLED OUT ON -LINE AT
WWW.SPEEDADVANTAGETRAINING.COM/PALIS

