

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 JULY 1 & 3
(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

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, including covid 19 or related illnesses.
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 Markovcy, 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

Date Child's Name Age

Mother / Guardian (print)

Mother / Guardian (signature)
OR

Father / Guardian (print)

Father / Guardian (signature)



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

