

**Advantage for  
the Athlete!**

**Cosby,  
Tennessee  
(423) 200-9935**



**Only 12 Openings  
Available Per  
Session**

**for both boys and girls!  
for More info visit  
[www.smokymountainendeavors.com](http://www.smokymountainendeavors.com)**

# 2010 Summer Speed, Strength, & Conditioning System

**June 28,29,30 // July 1,2,3 // July 6,7,8**

**Participants (ages 14 & up) Boys AND Girls:** Serious athletes who are committed to physical conditioning and have the desire to physically and mentally improve their abilities. Athletes should arrive to camp in above average physical condition as the workout sessions will be strenuous in nature.

**3 Day Course Description: (9:00-11:00AM):**

- Train with a retired US Navy SEAL. One (or two) workouts per session with focus on strength, speed, agility, and conditioning. Participants will receive a post workout sports drink and a course T-shirt.
- Daily facilitation, discussion, and dialog dealing with communication skills, teamwork philosophies and leadership traits and how these impact and relate to both sports AND life.

**Who we are:**

Unlike other sports clinics, courses, or conditioning programs, we join intensive physical workouts with real-life teamwork and leadership skills and activities for rising athletes. We are located in a private 60+ acre setting in the mountains of East Tennessee. Credentialed with 20 years of decorated Naval service with nearly 19 years within the Special Operations community as a U.S. Navy SEAL, **we believe :**

- **Winning programs are confident; they are physically strong and mentally positive**
- **All athletes must recognize and support the importance of teamwork when in pursuit of goals**
- **Successful programs develop leadership on every level and hold athletes accountable for their actions**

Many options available! **Circle your date choice** below and fill out the additional info

June 28, 29, 30\* (M, T, W)  
9am-11am \$45\*\*

July 1, 2, 3\* (TH, F, S)  
9am-11am \$45\*\*

July 6, 7, 8\* (T, W, TH)  
9am-11am \$45\*\*

\*Dates will fill up. Athletes signed up first paid, first served. \*\*Pre-registration rate. Same day registration: \$50(if openings available).

(Print) Athlete Name: \_\_\_\_\_ Age: \_\_\_\_\_ Phone #: (\_\_\_\_) \_\_\_\_\_

In Case of Emergency Contact Name: \_\_\_\_\_ Phone #: (\_\_\_\_) \_\_\_\_\_

Email(for registration confirmation) \_\_\_\_\_

Please circle your  
T-Shirt size: S M L XL XXL

**PLEASE NOTE:** \* Arrive 15 minutes prior to start time. \* Arrive **HYDRATED!**  
 \* To benefit the athlete, this is a closed course not open to parents and spectators.  
 \* Cash or check accepted to: Smoky Mountain Endeavors, Inc. Returned check fee \$25  
 \* Please call for directions or visit our website at [www.smokymountainendeavors.com](http://www.smokymountainendeavors.com)

Mail this form with payment to:  
Smoky Mountain Endeavors, Inc.  
462 Middle Creek Rd. Cosby TN 37722

**All participants / parents or guardians must read, sign, and submit this form with registration fee:**

I know that participation in this sports conditioning camp is a potentially hazardous, physically demanding, and strenuous activity and I should not enter and participate in unless I am medically able and physically fit. I assume all risks associated with participating in this course. I acknowledge I will let course administrators know if I suffer from allergies or pre-existing medical conditions. Having read this waiver and knowing these facts and in consideration of acceptance of my enrollment, I for myself and anyone entitled to act on my behalf, waive and release Smoky Mountain Endeavors, Inc, and any and all persons or property owners or sponsors from all claims or liabilities of any kind even though said liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby authorize course administrators to enact emergency treatment for me should I be unable to act or respond in a coherent manner. I understand I will incur and must pay all medical expenses related to my treatment. I hereby release and grant permission for use of all photographs or any other record of this event for any legitimate purpose. Registration fees are non-refundable.

Print Athlete OR Print parent/Legal guardian if under 18

Signature (if under 18, signature of parent or legal guardian)

Date