

Joe Quinlin's  
2013 Northwest Missouri State University

# ***Speed and Agility Camp***

**June 4 - August 1** Tuesdays and Thursdays

6:30 a.m. - 7:30 a.m.

Northwest Varsity Weight Room (under Bearcat Arena)

**REGISTER AND PAY ONLINE AT  
[WWW.BEARCATSTRENGTHCAMPS.COM](http://WWW.BEARCATSTRENGTHCAMPS.COM)**

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## ***Speed and Agility Camp***

**Professional teams that use Flex-Bands**

Anaheim Angels

Cleveland Indians

Arizona Cardinals

New Orleans Saints

Atlanta Braves

New York Yankees

Baltimore Orioles

Portland Trailblazers

Boston Red Sox

San Diego Chargers



Joe Quinlin,  
Head Strength and  
Conditioning Coach

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Joe Quinlin's  
2013 Northwest Missouri State University

# Speed and Agility Camp

## Camp Dates

Tuesday, June 4, Testing

Thursday, June 6

Tuesday, June 11

Thursday, June 13

Tuesday, June 18

Thursday, June 20

Tuesday, June 25

Thursday, June 27

**\*Week of July 3 and 5 is off\***

Tuesday, July 9

Thursday, July 11

Tuesday, July 16

Thursday, July 18

Tuesday, July 23

Thursday, July 25

Tuesday, July 30

Thursday, August 1, Testing

## Experience Matters

Joe Quinlin is a former Bearcat all-conference linebacker and a member of the 1998 and 1999 national championship teams. Coach Quinlin has been working with athletes in the Maryville area for the past nine years. Previous camp teams and athletes have combined for one Division II football national champion titles, four Division II football runner-up titles, nine state championships, three state runner-up titles, and multiple all-conference, all-state and all-American performers.



## Explosive Band Training

Jump Stretch FlexBand training has been used by many professional, collegiate and high school teams. Northwest uses FlexBands every day during workouts.

### Flex-bands are used for:

- Flexibility and injury prevention
- Resisted/assisted lifting
- Resisted running/jumping
- Rotator cuff strengthening
- Explosive jumps
- Anaerobic conditioning
- Core and balance training
- Muscle activation

Register and pay online at [www.bearcatstrengthcamps.com](http://www.bearcatstrengthcamps.com)



# Joe Quinlin's 2013 Northwest Missouri State University Speed and Agility Camps

## 2013 Registration Form

_____ Name (last, first, middle initial)		<input type="checkbox"/> Male <input type="checkbox"/> Female	
_____ Address (_____)	_____ City (_____)	_____ State	_____ Zip
_____ Home phone		_____ Student's cell phone	
_____ Email		_____ Date of birth	_____ Age
_____ Name of high school			
_____ School's address		_____ Grade next fall (_____)	
_____ Coach's name		_____ Coach's phone	
_____ Position played		T-shirt size <input type="checkbox"/> Youth <input type="checkbox"/> Adult T-shirt size S M L XL XXL (circle one)	
_____ Parent/Guardian		_____ Parent's work/cell phone	
_____ Address			
_____ Person to contact in case of emergency		_____ Phone number	
_____ Relationship			
Does this camper take any medication? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, please explain: _____ _____ _____			
If the camper has any limitations or health problems we should be aware of, please explain: _____ _____ _____			

### Liability Waiver

I agree to indemnify and hold harmless and defend Joe Quinlin/Northwest and their officers, agents, servants, and employees from any and all claims resulting from injuries, including death, damages, and losses sustained by me associated with activities of the program. I understand that Joe Quinlin/Northwest is not conducting a medical program and will not correct any pre-existing medical conditions. I understand that there is an inherent risk of physical harm associated with participating in a fitness program and related exercise equipment. By signing this, I acknowledge that I have read and understand the previous paragraph.

_____ Parent/Guardian signature	_____ Date
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**16 sessions to get you  
ready for your fall season!**

**I will attend the following session:**

☐ **Speed and Agility Camp:**

June 4 - August 1,  
Tuesdays and Thursdays  
6:30-7:30 a.m.  
\$250

**Maximum of 36 participants**

**REGISTER AND PAY ONLINE AT  
WWW.BEARCATSTRENGTHCAMPS.COM**

**or complete application and send with full payment to:**

Bursar's/Cashiering  
Attn: Diana Heitman  
Northwest Missouri State University  
800 University Drive  
Maryville, MO 64468-6001

**Make checks payable to** Northwest Missouri State University.