

Joe Quinlin's
2014 Northwest Missouri State University

Speed and Agility Camp

June 3 - July 31 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

Joe Quinlin's 2014 Northwest Missouri State University
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

660.582.1671 • joeq@nwmissouri.edu

Joe Quinlin's
2014 Northwest Missouri State University

Speed and Agility Camp

Camp Dates

Tuesday, June 3, Testing

Thursday, June 5

Tuesday, June 10

Thursday, June 12

Tuesday, June 17

Thursday, June 19

Tuesday, June 24

Thursday, June 26

Week of July 3 and 5 is off

Tuesday, July 8

Thursday, July 10

Tuesday, July 15

Thursday, July 17

Tuesday, July 22

Thursday, July 24

Tuesday, July 29

Thursday, July 31, 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 two 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

Joe Quinlin's 2014 Northwest Missouri State University Speed and Agility Camps

2014 Registration Form

Name (last, first, middle initial) Male 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 Youth 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? Yes 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

**16 sessions to get you
ready for your fall season!**

I will attend the following session:

Speed and Agility Camp:

June 3 - July 31,
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.

