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)





Joe Quinlin's 2014 Northwest Missouri State University

Speed and Agility Camp

Professional teams that use Flex-Bands

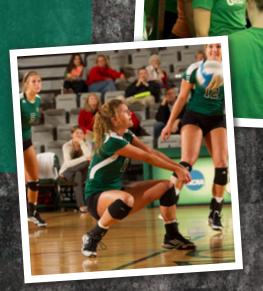
Anaheim Angels Cleveland Indians

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 • joeg@nwmissouri.edu

Joe Quinlin's 2014 Northwest Missouri State University

Speciand Aditio 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



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

2014 Registration Form

Parent/Guardian signature

			🗆 м	ale	
Name (last, first, middle initial)					
Address	City		State	Zip	
()_	_ ()				
Home phone	Student's cell pho	ne			
Email		Date of birt	h	Age	
Name of high school					
School's address		Grade next fal	 I		
Coach's name		Coach's phor	Coach's phone		
Position played				Youth Adult XXL (circle one)	
Parent/Guardian		Parent's w	ork/cell phone	?	
Address					
		()		
Person to contact in case of emergen	су	Phone nur	nber		
Relationship					
Does this camper take any medica	ation? • Yes • No	If yes, please exp	olain:		
If the camper has any limitations of	or health problems we	should be aware	of, please ex	xplain:	
Liability Waiver					
I agree to indemnify and hold har servants, and employees from ar and losses sustained by me asso Northwest is not conducting a maconditions. I understand that their a fitness program and related execunderstand the previous paragraphs.	ny and all claims resul ciated with activities nedical program and v re is an inherent risk c ercise equipment. By	ting from injuries, of the program. I vill not correct any of physical harm a	including de understand pre-existing ssociated w	eath, damages, that Joe Quinlin/ g medical ith participating in	

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.

