

# Age Groups

## Elementary (Group 1– Beginner)

Entering grades 1st-5th grade. Instructional training set up to establish a solid training foundation for all sports.

## Junior High (Group 2– Intermediate)

Entering grades 6th-8th grade. Instructional training set up to help junior athletes to work on basic speed techniques, balance, and coordination.

## High School (Group 3– Advanced)

Entering Grades 9th-12th grade. Instructional training set up to help young athletes improve times in all skill related drills that will be required to perform in high school sports.



**ELIGIBILITY:** Youth athletes from age 8 to High School

**REGISTRATION:** Pre-register by June 1st for \$85. Regular or walk up registration fee is \$100. Fee includes participation in all camp activities and Speed Camp T-shirt for pre-registered and registered athletes.

Complete the Enrollment Application form and mail with full payment. Walk up registration is accepted however we strongly urge you to pre-register due to high volume of participants. For more info or Enrollment application contact Coach Harden or Coach Pouncy by email or by phone.

**Pre-Registration Payments Must Be Received By June 1st**

Make Check or money order payable to Drew Harden. Mail enrollment application and payment to:

**Drew Harden  
3001 Sale St #208  
Dallas, TX 75219**

**This non-school activity/publication is not sponsored or endorsed by the Richardson Independent School District**

Contact Info:

Drew Harden (972) 821.1289  
Joe Pouncy (214) 454.6512

## **J.J. PEARCE PRESENTS**

### **Speed Camp 2009**

**1st Session Mon-Thurs  
June 15-18 5:30– 7:30pm**

**2nd Session Mon-Thurs  
June 22-25 5:30-7:30pm**

**Registration: 5-5:30 pm @ J.J. Pearce  
High School  
(Mustang Stadium)  
1600 N. Coit Road  
Richardson, TX 75080**

**Cost each session:  
Pre-registration \$85  
Walk up registration \$100**



**S P E E D C A M P 2 0 0 9**

**Any questions contact Coach Drew  
Harden at  
[hardenandrew@hotmail.com](mailto:hardenandrew@hotmail.com) or  
Coach Joe Pouncy at  
[pounc1911@hotmail.com](mailto:pounc1911@hotmail.com)**

# What's Involved

## *Camp Topics*

Regardless of whether you compete in football, soccer, baseball, softball, basketball, gymnastics, or track and if you have the common goal of improving your **SPEED**, this camp is for you. This camp will cover the fundamentals of speed, running mechanics, plyometrics and dynamics, and quick twitch training. Our goal is to teach the basics of each of the four major categories of age appropriate speed development.

Our four keys to speed development are quickness, flexibility/core strength, conditioning, and running mechanics.

## *What do I need for this camp?*

- **Water**
- **Tennis Shoes, Cleats or Spikes**
- **A Great Attitude**



# Coaches

## **Drew Harden**

### Coaching Experience:

**J.J. Pearce High School:** Assistant Coach Football/Track

**Parkhill Jr. High:** Head Football/Track

USA Track & Field Level 1 Certified

## **Joe Pouncy**

### Coaching Experience:

**Bryan Adams High School:** Offensive Coordinator (Football)

**Richardson High School:** Head Track and Field/Assistant Coach Football

**Irving High School:** Head Track and Field/Assistant Coach Football

USA Track & Field Level 1 Certified

## **Anthony Harden**

### Coaching Experience:

**Forest Meadow Jr. High:** Football Coach/DB-WR

All coaches are former collegiate and professional athletes and have several years of combined playing and coaching experience. Come and learn speed development techniques that are currently used by elite athletes.

# Training Schedule

All topics will be repeated during the 2nd session. If attending both sessions, the 2nd session topics will be more advanced.

## Monday (Day 1)

Check In  
Speed Camp Introduction  
Group Stretch  
40 yd Dash  
Pre-Video Analysis

## Tuesday (Day 2)

Group Stretch  
Speed Dynamic Stretching/Flexibility  
Running Form and Technique  
40 yd sprint breakdown  
Speed Turnover/ Quick Twitch Breakdown  
Speed Turnover/ Quick Twitch Interactive

## Wednesday (Day 3)

Group Stretch  
Dynamics  
Explosive Power Training/Speed Endurance Breakdown  
Explosive Power Training/ Speed Endurance Interactive

## Thursday (Day 4)

Group Stretch  
Dynamics  
Final 40 yd sprint  
Final Video Analysis  
Conclusion of Camp