

ARE YOU UP FOR THE

T.A.S.C.

THROWING AGILITY SPEED CONDITIONING

◆SUMMER CAMP◆

TWO weeks of T.A.S.C & Hitting Program

JUNE 22-25 and JUNE 29-JULY 2

What is the Camp all about?

The T.A.S.C program consists of WEEK 1 outdoor training @ Anthem (see Cappy for location) & WEEK 2 Hitting program @ Cappy's Cage. The weeks consist of MONDAY thru THURSDAY. Activities are as follows:

- A throwing program designed to enhance arm strength and efficiency through the understanding of proper technique
- A speed program to enhance form technique (running), length of stride, and explosion
- A combined agility and conditioning program that emphasizes footwork, quickness, resistance training, and incline/decline propulsion.
- (4) Hour hitting sessions with Cappy @ the Cage in small group sessions (June 29- July 2)

How do I sign up?

1. Choose your time slots for hitting groups @ Cappy's Cage posted below. This will be assigned on a first come first serve basis. Anthem workouts will be held Monday JUNE 22 thru Thursday JUNE 25 (9am-1030am: 8-11 year olds & 10:30am-12: 12+ year olds).
2. Sign the release form below and pay (cash or check only)

WWW.CAPPYSCAGE.COM

PRESENTED BY:



Aaron "Cappy" Capista
5115 Dean Martin Dr. #410
Las Vegas, NV 89118
702.882.9170
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SELECT **FOUR**: (HITTING SESSIONS @ CAPPY'S CAGE) **JUNE 29-JULY 2**

MONDAY

- #1. 9am-10am
- #2. 10am-11am
- #3. 11am-12
- #4. 12pm-1pm

TUESDAY

- #5. 3pm-4pm
- #6. 4pm-5pm
- #7. 5pm-6pm
- #8. 6pm-7pm

WEDNESDAY

- #9. 9am-10am
- #10. 10am-11am
- #11. 11am-12
- #12. 12pm-1pm

THURSDAY

- #13. 3pm-4pm
- #14. 4pm-5pm
- #15. 5pm-6pm
- #16. 6pm-7pm

NAME: _____ **AGE:** _____

PHONE#:(1) _____ **EMAIL:** _____

CHOOSE Cage Sessions 1: _____ 2: _____ 3: _____ 4: _____

EMERGENCY CONTACT: _____

FEE ENCLOSED: _____ (CASH OR CHECK PAYABLE TO: CAPPY'S CAGE)

I, the undersigned parent/guardian of the individual named above, a minor, do hereby agree to allow the individual named herein to participate in the aforementioned activity and authorize the program directors and/or instructors as Agents for the undersigned to consent to Medical, Surgical and/or Dental Examination, in addition to any and all other Treatments that may be deemed necessary by medical personnel. It is understood that this activity involves an element of risk and a danger of accidents and knowing those risks, I hereby assume those risks. In addition, I understand that by signing this agreement, I hereby release and discharge Aaron Capista, Cappy's Cage, and the City of Henderson, NV from any and all liability resulting in injury associated with participant's participation in this activity. I agree that pictures taken during program hours may be used for future promotional purposes. In the absence of a parent/guardian's signature below, payment of fees and participation in the program shall constitute acceptance of the conditions set forth in the release. Aaron Capista and Cappy's Cage will not provide health and/or accident insurance for program participants.

X _____ **DATE:** _____

COST of T.A.S.C + Hitting program (4 days per week for 2 weeks) is: **\$175**

WEEK 1: JUNE 22-25 (T.A.S.C)

WEEK 2: JUNE 29- JULY 2 (HITTING)

ANY QUESTIONS CALL/TEXT/EMAIL: 702.882.9170. AARONCAPISTA@GMAIL.COM

