

Release and Acknowledgment

In consideration of being permitted to participate in activities sponsored by the Township of Loyalsock and/or its Recreation Board, I am aware of, acknowledge and agree to the following: 1. That such activities can result in injury to myself and my property; 2. That I am medically able, equipped and properly trained to participate in such activities; 3. That I shall abide by the decision of any official or representative of Loyalsock Township and/or its Recreation Board relating to my ability to participate in such activities; 4. That I shall abide by all rules and regulations for the activities in which I am participating; 5. That I am assuming all responsibility and risks associated with such activities, including but not limited to : a. falls; b. contact with other participants; c. weather; d. natural and manmade conditions; e. all other risks and hazards encountered while participating, observing and/or traveling to and from such activities; 6. That I consent for myself, and for my child above, to receive immediate, emergency first aid and medical treatment if necessary; 7. That I have read, understood and voluntarily signed this Release and Acknowledgement and agree to its terms, and that no oral representations, statements or other inducements have been made to me other than those contained in this written document. I HEARBY AGREE TO INDEMNIFY, RELEASE, DISCHARGE AND HOLD HARMLESS Loyalsock Township and/or its Recreation Board for any loss, liability, damage or cost that may arise from my presence on, or my use of property of Loyalsock Township and/or its Recreation Board, or in anyway competing, officiating, observing, working for, or for any purpose participating in any event, whether caused by negligence of Loyalsock Township and/or its Recreation Board, staff, employees, coaches and agents.

(Participant's Signature)

(Date)

(Parents Signature if Participant is under 18)

(Date)

Loyalsock Township School District Disclaimer

The Loyalsock Township School District does not fund, endorse, sponsor, or supervise the activity described in this document. Accordingly, the district assumes no responsibility for the manner in which the activity is conducted. Questions or complaints should be addressed directly to the individual or organization whose name appears on the distribution.

Assistant Coach

Tesa McKibben:

- ~Professional Soccer Player
- ~2009 Montoursville Graduate
- ~State Soccer Championship Scholarship Athlete St. Francis University
- ~Most Decorated Athlete Leading D-1 Scorer her Senior Year
- ~Two-time NEC Scholar Athlete of the Year
- ~Two-time NSCAA NCAA D-1 Academic All American
- ~Played Professional Soccer in Germany in the 2nd Division the Frauen Bundesliga



E. S. P.

(ages 10 and over)



Explosiveness Speed and Power

A clinic guaranteed to enhance any athletes running techniques, leg speed, and power!!

**Loyalsock High School
Turf Field**

**July 20, 21, 22, 23, 24
5 Sessions of Running, Speed,
Skills and Drills
Time: 8:00-9:30am
Rain or Shine**

**Loyalsock Township
Recreation and Parks Department
2501 East Third Street
Williamsport, Pa 17701
570-323-6151**

Marilouise Mazzante:

- ~ 38 Years Track and Field Coaching Experience
- ~ Current speed coach for Little League Baseball camps.
- ~ Proven Record
- ~ Former Williamsport Area High School Track & Field and Cross Country Coach. Many state champions & nationally recognized athletes.
- ~ Penn State University clinician & camp director. Described by former Penn State & Olympic coach Harvey Groves as “one of the best running technicians in the country.”
- ~ Nationally and State recognized coach.....
 Long time member of the National Committee for High School Women of U.S.A. Track & Field
- Member of the U.S.A. East Region Staff
- Selected to coach the U.S.A. vs. Britain Cross Country Meet
- PA Track & Field coach of the year
- Person of the year by PTFCA
- Recipient of the Ray Keys Sports Brotherhood Award of Lycoming County
- Recipient of East Region Women’s Track Coach Service award by U.S. Women’s Track Association.
- Inducted into West Branch Valley Sports Hall of Fame, First Woman Inducted into the PA. State Track & Field Hall of Fame!

E. S. P.

(Explosiveness, Speed and Power)

***The key to success in all sports is SPEED!**
 Want to increase your leg speed and the explosive power to generate quickness? If so this is the camp for you!!

Our participants will learn the skills necessary to develop proper running mechanics in order to run more efficiently, thus, FASTER!!

We will focus on techniques and drills to enhance leg speed and to develop the power and explosiveness needed to generate speed, acceleration, and quickness.

In an effort to accomplish this, one will be exposed to plyometric box training for power, and medicine ball drills for strength. These are all in an effort to focus on the overall development of the athlete.

Our area of training will be short distances of 30-70 meters and accompanied by stretching and flexibility. A great all-around program to enhance E.S.P.!

Each athlete will be videotaped and a complete written/visual analysis will be provided. This will allow a one on one interaction with each athlete.

This is not a distance running camp...it’s all about speed! **This camp is for every sport!**

Check us out at www.fastmaz.com

Loyalsock Township
 2501 East Third St.
 Williamsport, Pa 17701

REGISTRATION FOR E. S. P.

Participant’s
 Name: _____

Sex: M F Date of Birth _____

Address: _____

Phone: (Home) _____

(Other) _____

Current Physical Limitations: _____

Emergency Contact:

Name: _____

Address: _____

Phone: (Home) _____

(Other) _____

On or Before July 10, 2015.....\$100.00

After July 10, 2015.....\$110.00

Your Check Number _____

(No Refunds)

Make checks payable to: Loyalsock Township