



# MAXOUT

**SPEED &  
AGILITY CAMP**

For Student-Athletes Entering Grades 9-12  
(Boys and Girls)

**June 17-19** Gretna High School

**June 23-24** Scottsbluff High School

**July 15-17** Grand Island High School

Register online at

**FCAMAXOUT.ORG**

\$105 if registered by June 1.  
\$40 if attending Scottsbluff location.

Form running • Ground based stability (Stance)  
First step quickness • Core strength  
Explosive movement • Change of direction  
Dynamic balance



## What is FCA Max Out Speed & Agility Camp?

FCA Max Out Speed & Agility Camp is a training ground for coaches and athletes to make the connection between God and sports. Every element of the camp provides coaching on what it means to know Christ and to “max out” God-given ability for Him.

FCA Max Out Speed & Agility Camp provides an exhilarating environment for athletes of all kinds- to develop a necessary foundation. Through technical training regimens and focused attention, coaches will challenge each individual on how to know Christ and to “max out” God-given ability for Him.

### Cost & Registration-Register online at [FCAMAXOUT.ORG](http://FCAMAXOUT.ORG)

\$105 if registered by June 1. \$115 after June 1.

*If you are attending the Scottsbluff location:*

\$40 if registered by June 1. \$50 if registered after June 1.

Tshirt, resources and meals included. Email confirmation, waiver and additional information will be sent after registration is received.

Contact **FCA** at **402 464 2343** or online at **[FCAMAXOUT.ORG](http://FCAMAXOUT.ORG)**



Return Service Requested

LINCOLN, NE 68501

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FELLOWSHIP OF CHRISTIAN ATHLETES



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