

Why attend the Real Deal Speed Camp?

- Focus on developing and enhancing speed, quickness, and agility that is guaranteed to improve your athletic ability
- Focus on sprinting form and teaching the proper way to run
- Sport and game-oriented speed games and drills that will simulate speed in game-like situations
- Focus on injury prevention and structural development
- Develop foundations as well as advanced concepts of speed and jumping development
- Each camper will receive a camp t-shirt, a camp booklet with important academic information and also speed improvement drills they can work on year round

These are the reasons why THIS is the Real Deal Speed Camp & Combine!

ABOUT CAMP DIRECTOR

Coach Byron Dawson is the head of strength, speed, and conditioning at Evangel High School. He is also the head track coach. Last year he established strength and speed programs at Redemptorist High School in Baton Rouge, Louisiana. Evangel and Redemptorist both celebrated football state titles this season in their respected classifications. Evangel track team finished fourth in the state meet this year, higher than any team in Shreveport-Bossier. Redemptorist won the class 3A title in track this year.

Coach Dawson was a four-year starter on LSU football team. He was also a member of a National Championship Track Team while at LSU. He was influenced at LSU by two National Strength Coaches of the Year, Rob Oviatt and Tommy Moffit. Coach Dawson was also exposed to the teachings of LSU track coach Pat Henry, who has won 27 national championship, more than any other coach in NCAA history. The majority of the drills and training techniques being taught were influenced by Coach Henry.



What Is Included in Our Training?

Speed Development:

- Sprint Mechanics
- Explosion Drills
- Assisted Speed Development
- Resisted Speed Development

Quickness Development:

- Quick Foot Drills
- First Step
- Starting and Stopping Quickness
- Acceleration Development

Agility Training:

- Change in Direction
- Balance Training
- Explosive Maneuvering
- Start and Stop Acceleration and Explosion

Jumping Development

- Plyometrics
- Jumping Drills
- Resisted and Assisted Jumping
- Jumping Mechanics

REAL DEAL CAMP

Phone: 318-683-9706
Cell: 225-806-2300
E-mail: RealDealCamp@yahoo.com

Application



Real Techniques and Fundamentals from the Real Athletes



Hosted by: REAL DEAL CAMP INC
Ages 11 & up (Male and Female)
Dates of camp:
 June 6, 8, 13, 16, 20, 22, 27, 29
 July 6, 11, 13, 18, 20
 (13 2-hour sessions)
Time: 9:00-11:00am
Cost \$120
Location:
 Evangel High School
 7425 Broadacres Road
 Shreveport, LA 71129

RealDealCamp@yahoo.com
 Please contact Coach Byron Dawson:

225.806.2300 or 318.683.9706

Please print clearly
 Name (Last, First) _____
 Address _____

 City/State/Zip _____
 In June 2006: Your Age _____ Grade _____
 Home Phone () _____
 School _____
 Coach's Full name _____
 Any restrictions on participation? _____

Make checks payable to: REAL DEAL CAMP
 Mail to:
 9005 Walker Rd. APT 801
 Shreveport, LA 71118

My son/daughter has permission to attend
 The Real Deal Camp. Enclosed is a \$120.00
 non-refundable fee.

I have no knowledge of any physical impairment that would affect or be affected by my son/daughter's participation in THE REAL DEAL CAMP program. In the event of any emergency in which my son/daughter requires medical care I authorize the staff of THE REAL DEAL CAMP program to act for me and obtain for him whatever medical treatment the staff in its best judgment deems necessary and appropriate. I specifically consent to such treatment including, but not limited to, hospitalization and surgery and will be responsible for any medical or other charges in connection with his attendance at camp, not covered by camp insurances.

I acknowledge that at THE REAL DEAL CAMP my son/daughter will participate in a sport that may involve among other things, physical contact of the body with other persons or objects, including the ground; that at THE REAL DEAL CAMP he may incur a risk of injury. I specifically waive and give up and release THE REAL DEAL CAMP and staff from liability for any claim for damages which I or my son/daughter may have for injuries or illnesses that he may sustain in THE REAL DEAL CAMP.

I authorize THE REAL DEAL CAMP to use any photographs or articles about my son/daughter for publicity purposes.

Parent's
 Signature _____
 (no player will be accepted without approval)
 Date _____
 He/She is covered by _____
 Insurance Company
 Policy # _____
