

# Caddo Mills FOX Fast Speed Camp



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**Who:** Open to all boys and girls who are currently 2<sup>nd</sup> – 8<sup>th</sup> Grade

**When:** March 16<sup>th</sup> -18<sup>th</sup> 9:00-10:00 am

**Where:** Caddo Mills HS Indoor Facility

## Camp Features

- Sprint techniques and fundamentals
- Full speed sprint timing
- Change of direction
- Acceleration and deceleration
- Power and explosion
- Resistance and assistance runs

## Tuition/Registration

- Early Registration \$20 per day of attendance on or before 3/13
- \$25 per day after 3/13
- Walk ups will be accepted, but Pre-registration is appreciated
- To register complete the attached QR Code. As long as the QR code is completed before 3/13 you pay the \$20 per day pre-registration cost through check made out to Kodi Crane or cash on the 1<sup>st</sup> day of camp. Electronic payment through Zelle to 830-857-0309 will also be accepted.

## What to Bring

- Wear T-shirt and shorts to the camp
- Tennis shoes and cleats (if available)
- Water will be provided, you may bring your own CLEAR drink.



## Who will run the camp

CMHS Varsity Coaches

## How will this camp benefit me?

The goal of this camp is to have fun and lay the foundation for proper speed and explosion mechanics and fundamentals. We will teach drills that will help improve Speed for all sports.

**Parents, please acknowledge below that you have read, understand and agree to the Parent's Consent Form**

My son / daughter has my permission to attend the 2026 Caddo Mills Fox Fast Speed Camp. I certify that he/she is physically able to participate in camp activities without restriction. In the event of an emergency in which my son/daughter requires medical care; I hereby authorize the staff of the 2026 Caddo Mills Fox Fast Speed Camp to act for me and to obtain for them whatever medical treatment is deemed necessary. I consent to such treatment and will be responsible for any medical or other charges in connection with their attendance at the camp. I acknowledge that at the camp he/she may incur a risk of injury. I specifically waive, give up and release the 2026 Caddo Mills Fox Fast Speed Camp and Caddo Mills ISD from liability for any claim for damages, which my son/daughter or I may have for injuries or illness that he/she or I may sustain at camp.

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Parent/Guardian Signature



# 2026 FOX SPEED CAMP FAQ'S

DATES: MARCH 16<sup>TH</sup> – 18<sup>TH</sup> – TIMES: 9-10AM – LOCATION CMHS INDOOR FACILITY



- **Is the FOX speed camp for both boys and girls?**
  - **Yes, speed camp is for both boys and girls in 2<sup>nd</sup> – 8<sup>th</sup> grade.**
- **What is the purpose of speed camp?**
  - **The Caddo Mills coaching staff will teach proper speed and explosion mechanics and fundamentals. We want this to be a fun camp where athletes learn drills that can help them with every sport they play.**
- **Why is speed camp happening during spring break?**
  - **Caddo Mills coaches want to offer Speed Camp during the spring semester. Finding times during the spring that do not conflict with MS and youth practice and games is impossible. Having camp over the break will give kids an opportunity to workout over the break.**
- **Do you have to come to all 3 of the speed camp dates?**
  - **No, we understand spring break is a busy time with many families going out of town. We are having a per day charge for this camp. Pre registration on or before 3/13 is \$20 per day. After 3/13 the charge is \$25 per day. Pre registration helps us to properly plan for the number of kids attending the camp.**
- **How do I Pay?:**
  - **You may bring a check, made out to Kodi Crane, or cash on the first day of camp**
  - **Electronic payment through Zelle to 830-857-0309**
- **If you have any questions please feel free to email:**
  - **Athletic Director Kodi Crane at [kcrane@caddomillsisd.org](mailto:kcrane@caddomillsisd.org)**
  - **Head Girls Track Coach Kevin Thomas [kthomas@caddomillsisd.org](mailto:kthomas@caddomillsisd.org)**