

ORLANDO SPORTS MEDICINE GROUP'S



Bishop Moore Catholic High School



SWIMMING SPORTS PERFORMANCE CAMP

The BMCHS Sports Performance Program is conducted by Orlando Sports Medicine Group and focuses on athlete development of strength, speed, power and agility. In addition, emphasis is placed on proper movement and exercise technique, balance, coordination and injury prevention.

The Swimming Sports Performance Program consists of 16 training sessions, held on Tuesdays and Thursdays 6:00 - 7:00 AM, December 1st thru January 28th.

Athlete Name: _____ Grad Year: _____

Parent/Guardian Name: _____

Address: _____

City / State / Zip Code: _____

Phone Number: (____) _____ Email: _____

Parent's Email : _____

Payment options:

Check one:

Pay in full \$ 175.00

Mail Check & Registration Form to:

Orlando Sports Medicine Group
745 Orienta Ave, Suite 1015
Altamonte Springs, FL 32701

Pay by Credit Card: (complete form below and mail to above address)

Name on Card: _____

Billing Address: _____

Card Number: _____

Expiration Date: _____

Amount: Total of \$ 175.00

Signature: _____

Register by Phone: Call Orlando Sports Medicine Group @ (407) 332-7816

orlandosportsmedicine.com