

Registration

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

Grade: (circle one) 5th 6th 7th 8th

T-Shirt Included:

Size: Youth M L XL
Adult S M L XL

Cost and Contacts

\$30 per session

Mail completed form with payment to:

Rosary High School
Attn: Speed Camp
901 N. Edgelawn Drive
Aurora, IL 60506 - 1819

For Additional Information Please Contact:
Mary Lou at (630) 896-0831 (ext. 25) or
mkunold@rosaryhs.com

www.rosaryhs.com

Professional Staff

Ryan Thilgen

Strength & Conditioning Specialist
Youth Speed & Conditioning Specialist
Certified Golf Conditioning Specialist
USA Triathlon Level 1 Coach
Collegiate Sports Medicine Educator

Dr. Joshua Bletzinger

Certified Chiropractic Sports Physician®
Certified Athletic Trainer
Certified Strength & Conditioning Specialist
Shoulder Rehabilitation Specialist
Youth Speed & Conditioning Specialist
NIU Sports Medicine Instructor

PERFORMANCE CHIROPRACTIC
1605 W. Wilson St., Suite 114
Batavia, IL 60510
630.761.9702

ATHLETESEDGE TRAINING FACILITY
150 First St. (West Loading Dock)
Batavia, IL 60510

2009 HOLIDAY YOUTH SPEED CAMP & ATHLETIC SKILL ASSESSMENT

AthletesEDGE



WHERE DO YOU RANK?

2009 Holiday Speed Camp

**In many sports, one of the dominate abilities is speed.
It is also one of the hardest for any athlete to improve on.**

The 2009 AthletesEDGE Holiday Speed Camp is designed for all youth and middle school athletes. The program will focus on preparing and improving the young athlete in the area of speed training.

Goals

- ◆ Teach proper running form and mechanics
- ◆ Improve sprint speed
- ◆ Improve proper flexibility
- ◆ Improve acceleration, quickness and lateral speed
- ◆ Learn deceleration techniques and change of direction
- ◆ Learn overall dominate ability of speed
- ◆ Most of all... HAVE FUN

Each athlete will receive individual assessment, instruction and speed specific training.

Athletic Skill Assessment

ACCELERATION & TOP END SPEED

AGILITY

UPPER BODY STRENGTH

LOWER BODY STRENGTH

TOTAL BODY POWER

- ◆ Testing and ranking on the 5 nationally accepted core competencies for athletes.
- ◆ Competencies Include: linear speed, lateral speed, upper body strength, lower body strength and total body power.
- ◆ Total Body Movement Abilities: unique movement patterns, imbalances and core strength.
- ◆ Functional Movement Screen identifies poor movement patterns and pre-existing problems.
- ◆ Confidential results based on athletes age and gender.
- ◆ Track athlete progress quarterly and/or annually using online database

AthletesEDGE
the science of performance

ATHLETESEDGE IS AN ATHLETE DEVELOPMENT PROGRAM DESIGNED TO OPTIMIZE ATHLETIC PERFORMANCE AND REDUCE INJURY POTENTIAL.

ATHLETESEDGE FACILITATES SPECIAIZED YOUTH ATHLETIC DEVELOPMENT PROGRAMS THAT COMBINES SPORTS MEDICINE AND SPORTS PERFORMANCE.

OUR STRUCTURAL MANAGEMENT SYSTEM AND FUNCTIONAL MOVEMENT SCREEN IS USED TO IDENTIFY INDIVIDUAL MOVEMENT, STABILITY, FLEXIBILITY AND STRENGTH TO PROVIDE COMPREHENSIVE TREATMENT AND/OR TRAINING PROGRAMS.

Schedule of Events

Wednesday December 23rd, 2009

Wednesday December 30th, 2009

9am - 11am	Running & Speed Skill Development Linear & Lateral Speed Techniques Deceleration & Change Direction Speed Training
11am - 12pm	Athletic Skill Assessment