

What you can expect to get out of **P.A.S.S CAMP**

Performance Therapies, P.C. has been offering its **PASS Camp** for the last nine years in the Iowa City area, and has trained over 1500 local high school athletes along with numerous junior, collegiate and professional athletes.

The program design is based on the science of performance enhancement and its effectiveness is continuously monitored through our pre and post camp testing of participants. We have utilized a highly accurate electronic testing system with the last 1500 athletes we have trained. This system was used to measure the pre and post camp performance of each athlete in the 10 and 40 yard dash, single and double leg vertical jump, single and double leg long jump, and reaction time. The following is a list of the average results achieved by these athletes following completion of one of our 6-8 week camps:

Test	Change
10 yard dash	.10 sec decrease
40 yard dash	.18 sec decrease
2- leg long jump	2 inch increase
R leg long jump	1 inch increase
L leg long jump	1.2 inch increase
2 leg vertical jump	2.5 inch increase
R leg vertical jump	2.25 inch increase
L leg vertical jump	2 inch increase
1 st step reaction	.1 sec decrease

Cost

The Power Agility Strength & Speed camp to be held at Clear Creek Amana High School. It will be offered at a significantly reduced price (over 40% decreased). The cost of the camp is \$150 if fewer than 50 athletes participate and \$125 if more than 50 athletes participate (refunds will be issued). Payment can be made by check payable to **Performance Therapies, P.C.** or credit card (call 665-2630 for details)

Refund Policy

Once the camp has started no refunds will be made. Prior to the first day of camp a full refund will be given.

Participant Limitations

Limited to the first 150 fully paid registrants.



PERFORMANCE THERAPIES, P.C.

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Coralville, IA 52241

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www.performance4health.com



P.A.S.S.

POWER · AGILITY · STRENGTH · SPEED

CAMP 2011

**PASS UP THE
COMPETITION WITH
P.A.S.S. CAMP!!!**



Brought to you by:



What is **P.A.S.S** **CAMP** All About?

Power, Agility, Strength and Speed are key physical parameters that allow you to perform at your peak level. In sports, the victor is the one



who can outmaneuver their opponent, get to the ball first, and react quickly and powerfully to the game situation. At Performance Therapies P.C.'s **Power, Agility,**

Strength and Speed Summer Camp you will train to improve all of these components of your performance. Participants will receive **twelve training sessions, from 7:00-8:30 AM on Tuesday and Thursday mornings at the Clear Creek Amana High School Track.** Areas that will be addressed in the training include: **proper warm-up, flexibility, upper and lower extremity and core muscle strength, balance, foot speed and agility, plyometrics, running technique and speed development.** Each participant will be put through various **physical performance tests** such as the forty-yard dash, vertical jump, etc... both pre and post – camp.



A Day at Camp

- 6:55 Arrive at Camp
(Clear Creek Amana High School track)
- 7:00 - 7:20 Warm-up & Stretching
- 7:20 - 7:30 Station 1
Balance/Foot Speed/Agility
- 7:30 - 7:50 Station 2
Plyometrics
- 7:50 - 8:10 Station 3
Running Technique & Speed
- 8:10 - 8:30 Cool-down & Stretching



Schedule

- June 7 Tuesday 7:00 – 8:30 AM
- June 9 Thursday 7:00 – 8:30 AM
- June 14 Tuesday 7:00 – 8:30 AM
- June 16 Thursday 7:00 – 8:30 AM
- June 21 Tuesday 7:00 – 8:30 AM
- June 23 Thursday 7:00 – 8:30 AM
- June 28 Tuesday 7:00 – 8:30 AM
- June 30 Thursday 7:00 – 8:30 AM
- July 5 Tuesday 7:00 – 8:30 AM
- July 7 Thursday 7:00 – 8:30 AM
- July 12 Tuesday 7:00 – 8:30 AM
- July 14 Thursday 7:00 – 8:30 AM

Registration Form

Name: _____

Parent(s) Name: _____

Address: _____

Phone: (____) _____

Email: _____

Age*: _____ Grade: _____

School: _____

Primary Sports: _____

Participant's Signature _____

Guardian Signature (if under 18) _____

*Participants must be at least 14 years old

T-Shirt Size: 2XL or larger please add \$4 to payment

S M L XL 2XL 3XL

Mail completed registration and \$150.00 registration fee made payable to Performance Therapies, P.C. to:

Performance Therapies, P.C.
3290 Ridgeway Drive, Suite 3
Coralville, IA 52241

If you have questions or prefer to pay by credit card call us at: (319) 665-2630

Detach here and mail