

Athletic Performance Center

3835 West Jefferson Blvd.

Fort Wayne, IN 46804

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Power= $F \cdot (d/t)$ STRENGTH Performance

January 22, 2005

FOOTBALL - CROSS COUNTRY - VOLLEYBALL - BASKETBALL - WRESTLING

SQUAT, BENCH PRESS, AND DEADLIFT SEMINAR

*Proper Technique for All 3 Lifts
& Various Assistance Exercises*

Functional Anatomy

Practical Instruction

NSCA and ISSA CEU's
Applied For!



TRACK & FIELD - LACROSSE - RUGBY

SWIMMING - DIVING - BASEBALL - SOFTBALL

TENNIS - GYMNASTICS - CYCLING - POWERLIFTING - WEIGHTLIFTING - HOCKEY



The Athletic Performance Center presents the...

SQUAT, BENCH PRESS AND DEADLIFT SEMINAR

Location: Athletic Performance Center, 3835 W. Jefferson Blvd., Fort Wayne, Indiana 46804

Date & Time: Saturday, January 22nd, 9 a.m.-4:30 p.m.

For More Information: www.athleticperformancecenter.net

or call (260) 432-7339. **Please ask for Mike Robertson**

NAME _____ PHONE(____) _____

ADDRESS _____

CITY _____ PROV./STATE _____ POSTAL/ZIP _____

SEX _____ AGE _____ DATE OF BIRTH _____

SCHOOL _____ GRADE _____ EMAIL _____

OCCUPATION _____ T-SHIRT SIZE: ___S___ ___M___ ___L___ ___XL___ ___XXL___

Seminar Registration Fee

Early Registration

At the Door

(Postmarked by 1/9)

(If available)

\$130.⁰⁰

\$160.⁰⁰

Group Rate: 5 or more - 10% off (Must send all registrations together to receive discount!)

If you've hit a plateau or want to see more rapid increases in your strength, you can't afford not to attend!

Payment Options

Check Enclosed - Check # _____
Make Check payable to: Athletic Performance Center

Credit Card Visa MasterCard Discover

Account# _____ Card Expires ____/____

Name on Credit Card _____

Signature _____

Fax Application to: (260) 436-4750

Mail Application to: Athletic Performance Center, Dept. SQ/BP/DL
3835 West Jefferson Blvd., Fort Wayne, IN 46804

WAIVER OF LIABILITY & RELEASE OF RIGHTS

ATTENTION: PARENT OR GUARDIAN SIGNATURE REQUIRED IF UNDER 18

In consideration of my participation in any Athletic Performance Center program, I acknowledge that I understand the nature of the activity, and that I, and/or my minor child, am qualified, in good health, and in proper physical condition to participate in such activity. I fully understand that strength training and conditioning involves risk of serious bodily injury, including permanent disability, paralysis, and death, and that these and other risks may be caused by my own actions, or inaction, those of other participating in the event, the conditions in which the event takes place, or the negligence of the Releasers named below, and that there may be other risks either not known to me or not foreseen at this time and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation in the activity. I hereby release, discharge and covenant not to sue the Athletic Performance Center, Allen County Family & Sports Chiropractic, their respective administrators, directors, agents, officers, volunteers and employees and any sponsors and advertisers of any Athletic Performance Center sanctioned event in which I participate (each considered on of the Releasers herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused whole or in part by the negligence of the Releasers. This release, waiver of liability and express assumption of risk agreement does not apply to any liability, claims demands, losses or damages arising out of the gross negligence of or intentional, willful or wanton misconduct of Releasers. If I or anyone on my and/or my minor child's behalf makes a claim against any of the Releasers, I will indemnify, defend, save and hold harmless each of the Releasers from any loss, liability damage or cost which may incur as a result of such claim.

In consideration of your accepting this application, I hereby sign over my rights to be video-taped and/or photographed to the seminar/camp director and/or her designee(s). I am fully aware that I will receive no royalties and/or compensation for resale/use of the videotapes and/or photographs. I HEREBY state that all the information asked for in this form is true and valid.

I acknowledge that I have read this release, waiver of liability and express assumption of risk agreement and fully understand it.

Signature of Applicant

Date

Signature of Parent/Guardian if Applicant is under 18 years

Date

Space is Limited - Sign Up Now!

DESCRIPTION OF SESSIONS

Every session will start off with an introduction to the specific lift. Functional anatomy and proper technique will be described and demonstrated. This will give you a better idea of what correct technique is, and what muscle groups need to be developed to enhance performance. Following the introduction, a practical session will be given which will include coaching cues to improve technique and demonstrations.

The Squat

The myths go back for years: Squatting is bad for your knees, bad for your back, etc. This science-based, informative session will cut through the myths and prove that *squatting is still one of the most effective exercises you can perform*. Whether you are an elite powerlifter or an aspiring football player, if you want to enhance your performance, you need to SQUAT!



The Bench Press

From the aspiring athlete to the weekend warrior, everyone in the gym today is bench pressing. Just because they are benching, however, does not mean they are doing it correctly! Beyond the functional anatomy, you will learn proper bench pressing technique and little things you can do to *increase your bench press and keep yourself injury-free*.



The Deadlift

The deadlift is perhaps the most total-body lift of all 3 power lifts. Deadlifting requires contributions from nearly every muscle group in your body, and therefore proper technique is a must. Conventional and sumo deadlifting styles will both be covered.



Take home the knowledge to add pounds to all your lifts in your NEXT WORKOUT!

WHAT IS THE ATHLETIC PERFORMANCE CENTER?

The Athletic Performance Center is the first full-fledged sports performance training facility in Indiana and is designed to make athletes the best they can possibly be in their specific sport. The Athletic Performance Center offers sports performance training, rehabilitation and personal training to its clients.

The Athletic Performance Center takes into account all of the factors that constitute athletic performance: strength and power development, conditioning, flexibility, speed, agility, nutrition and recovery. By covering all the bases, the athlete is creating an optimal training environment.

The Athletic Performance Center is unlike any other facility in the state of Indiana. Combined with Allen County Family & Sports Chiropractic, patients and clients can receive chiropractic care, nutritional counseling, sports-specific performance training, rehabilitation and personal training all under one roof.

The entire staff are Certified Strength & Conditioning Specialists (C.S.C.S), along with being competitive athletes themselves. They also have the most up-to-date training knowledge and are devoted to making each individual athlete the best they can possibly be.



PRESENTERS

Mike Robertson, M.S., C.S.C.S., U.S.A.W., is the Director of the Athletic Performance Center. Mike is also a former assistant strength and conditioning coach at Ball State University. He has worked with athletes from football, men's and women's volleyball, women's soccer, and Ball State's nationally ranked powerlifting team. Mike has also consulted and worked with individual athletes from all of the other 22-Varsity teams at Ball State University. Finally, Mike is an accomplished powerlifter, having qualified and competed at the USA Powerlifting Collegiate Nationals in 2002.

Michael Hartle, D.C., D.A.C.B.N., C.C.S.P., C.C.N., C.S.C.S. is the CEO of the Athletic Performance Center. Along with his wife, Dr. Monique Hartle, he practices at Allen County Family & Sports Chiropractic in Fort Wayne, Indiana. Dr. Hartle is actively involved with USA Powerlifting, not only as a nationally ranked competitor but is also the Chairman of the Drug Testing and Sports Medicine Committees. He is also an International Powerlifting Referee. Dr. Hartle consults with athletes of all levels in the fields of sports medicine, athletic performance training and nutrition. Dr. Hartle is also a weekly writer for the *Renegade Training* website and a regular contributor to the USA Powerlifting *Powerlines* online newsletter.

FREQUENTLY ASKED QUESTIONS

Who should come to the Squat, Bench Press and Deadlift seminar?

Athletes and Coaches of all levels in **FOOTBALL, BASKETBALL, TENNIS, SOCCER, VOLLEYBALL, GOLF, WRESTLING, HOCKEY, RUGBY, LACROSSE, BASEBALL, CROSS COUNTRY, TRACK & FIELD, CYCLING, SWIMMING, DIVING, SOFTBALL, POWERLIFTING AND WEIGHTLIFTING** should come if they are interested in improving their performance. Beyond that, **Interested Parents** can come as well to help improve their child's performance in these lifts. **Athletes/Coaches/Parents** involved in other sports are also welcome. Basically, anyone who is interested in getting stronger or more explosive, whether it be for lifting or sports performance, should attend!

What is the cost of the Squat, Bench Press and Deadlift seminar? Please see attached registration form for seminar pricing.

What should I wear?

Please wear something you can train and actively participate in (i.e., tennis shoes, shorts, t-shirt, warm-up pants, etc.)

Where is the seminar located?

This seminar will be held at the **Athletic Performance Center**. It is located at 3835 West Jefferson Blvd., in Fort Wayne, Indiana.

Is there lodging available if I'm coming from out of town?

Yes, there's plenty of lodging near the Athletic Performance Center. Please visit the Fort Wayne Visitors Bureau at www.visitfortwayne.com to locate the hotel of your choice.

Great Door Prizes Will Be Given Away to Lucky Winners!