

Athletic Performance Center

3835 West Jefferson Blvd.
Fort Wayne, IN 46804

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FOOTBALL - CROSS COUNTRY - VOLLEYBALL - BASKETBALL - WRESTLING

SPORTS PERFORMANCE CAMP

June 6th-10th, 9 am-12 pm

Topics Include:

- * Conditioning/GPP & SPP *
- * Strength and Power *
- * Flexibility and Mobility *
- * Speed and Agility *



TRACK - GYMNASTICS - LACROSSE - RUGBY

SWIMMING - DIVING - BASEBALL - SOFTBALL

TENNIS - GYMNASTICS - CYCLING - POWERLIFTING - WEIGHTLIFTING - HOCKEY

DESCRIPTION OF SESSIONS

Conditioning/GPP & SPP

Conditioning is *absolutely* necessary for making athletes successful throughout the course of the entire game. It matters little if a player is **stronger** and **more powerful** than their opponents if they can only play at full-speed half the game. Conditioning is divided into two different sections: **General Physical Preparation (GPP)** and **Specific Physical Preparation (SPP)**. Some of the topics that we will cover during this session will include both weighted and non-weighted forms of GPP, as well as how to incorporate GPP & SPP into your current program to **outlast your opponents every time!**



Strength & Power

Strength and power give the athlete the ability to **physically dominate** an opponent in all aspects of the game. In a recent interview, Dr. Mike Stone, Head Exercise Physiologist at the U.S. Olympic Training Center, stated that most athletes would see performance benefits “from just getting stronger.” Fundamental strength exercises will be demonstrated and coached so that every coach and athlete can improve their performance and have the confidence that they are using correct technique.



Flexibility and Mobility

Perhaps one of the most underrated facets of training, **flexibility and mobility are essential** in the design of a well-rounded training program. Lack of flexibility and mobility can lead to an increased risk of injury, decreased sprinting and agility speeds, and an overall poor performance. This session will go over the essential stretches that every athlete should be performing, along with how a **dynamic, movement-based stretching** program can help improve performance both on the field and in the weight room.



Speed and Agility

Speed and agility are the performance factors that **separate the truly phenomenal athlete from the average athlete**, and that is why we’ve given ourselves two sessions to cover this expansive topic! While many coaches put a premium on straight ahead speed, the majority of sports are played within a very small space. The ability to stop, plant and quickly move in another direction is vital to athletes in almost every sport. The first session will cover proper speed technique, the agility ladder and bag drills, while the second session will cover cone and line drills and various other unique drills to improve your quickness!! The saying goes that ‘**Speed kills**’, so come and learn how to develop your *speed* and dominate the opposition!

Come and learn how to optimize your performance!

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 on the Board of Directors and is 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 Sports Performance Camp?

Athletes and Coaches of all levels in *football, basketball, tennis, soccer, golf, wrestling, rugby, lacrosse, baseball, track & field, softball, and powerlifting* 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. **Athletes/Coaches/Parents** involved in other sports are also welcome. Basically, if you are interested in improving your performance or that of someone you know, you need to attend this camp!

What is the cost of the Sports Performance Camp?

Please see attached registration form for camp 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 Athletic Performance Center located?

The Athletic Performance Center is located at 3835 West Jefferson Boulevard, Fort Wayne, IN, 46804. The Athletic Performance Center is located across the street from Park West Center, where Jefferson and Illinois intersect.

Will the camp still be held if it's raining?

The camp will go on whether rain or shine. If it is raining, please dress accordingly.

Great Door Prizes Will Be Given Away to Lucky Winners!



APPLICATION FORM



The Athletic Performance Center presents the...

SPORTS PERFORMANCE CAMP

Location: Athletic Performance Center, 3835 West Jefferson Blvd., Ft. Wayne, IN 46804

Date & Time: June 6-10, 9 a.m.-12 p.m. daily

For More Information: www.athleticperformancecenter.net or call (260) 432-7339

NAME _____ PHONE(____) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

SEX _____ AGE _____ DATE OF BIRTH _____

SCHOOL _____ GRADE _____ EMAIL _____

T-SHIRT SIZE: ___S ___M ___L ___XL ___XXL

Seminar Pricing

Early Registration
(Postmarked by 5/27)
\$195

At the Door
\$235

If purchased as an individual package, these 15 hours would cost over \$675!!!

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

Family Rate: 2 or more children from same family - 10% off (Must send all registrations together to receive discount)

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. SPC
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!!