

Waiver/Permission to Participate

I certify that I am of legal age or the parent or legal guardian of the previously named athlete/participant and I grant my full and complete permission to attend and participate without reservation in SPEED CAMP. I further certify that the previously named athlete has no known medical or physical conditions or disabilities that would prevent him/her from participating in aggressive speed, agility and strengthening drills. I also agree that I will not hold Mountain River Physical Therapy or any of the other participants, organizers, instructors, sponsors, facility or staff affiliated with this camp liable for any accidents, injury, or other occurrences during camp sessions. I hereby authorize the camp director or the sports medicine staff of Mountain River Physical Therapy to take whatever steps are necessary to obtain or provide medical care in the event of accidental injury, if warranted. I certify that all information given is true and that I have been complete and thorough in providing information about any medical or physical conditions that may prevent me from performing strenuous physical activity and that Mountain River Physical Therapy and staff is not responsible for anything that may happen as a result of false or incomplete information given by/about myself or by the parent or legal guardian at the time of enrollment. I understand that there is a risk of injury associated with this form of exercise and I agree that Mountain River Physical Therapy, SPEED CAMP, the facility, staff and instructors are released of all liability in connection with medical treatment and accidental injury. I also understand that Mountain River Physical Therapy reserves the right to refuse enrollment of any participant based on medical history and that the camp fee is non-refundable.

By signing below I agree to all the above terms and certify that all information given is true and complete.

Participant Sign _____

Parent/Guardian Sign _____

Name (Print) _____

Date _____

A TYPICAL DAY

will include core sessions on speed, agility and conditioning. In addition participants will receive specific instruction concerning various topics ranging from sports nutrition, body composition, concepts of rest, strength training, hydration and injury recognition.

Daily Schedule

- Pre-session Instruction/Mini-lecture/Pearls
- Small Group Warm-up/Flexibility
- Small Group Form-running Drills/
Speed Specific Activities
- Plyometric/Core Stability Sessions
- Small Group Lateral Speed and Agility Drills
- Concept Review/Cool-down/Flexibility

COME PREPARED

to train in a high intensity environment!!

This program revolves around performance. Only your best effort will yield results. This camp is designed to help you improve overall speed, agility and knowledge in regards to sports performance and reducing the risk of injury.



**Mountain River Physical Therapy
Sports Medicine and Athletic Performance**

A Speed, Agility and Conditioning Clinic

LIMITED ENROLLMENT

Monday, Wednesday and Friday Sessions

1pm: 8 to 10 year olds

2pm: 11 to 13 year olds

3pm: 14 years old and above

JULY 5–30, 2010

Mountain River Physical Therapy

Elite Sports Center Location

2000 1st Avenue

Parkersburg, WV

THE GOAL of this camp is to provide instruction to athletes serious about performance enhancement and reducing the risk of injury. Through an intense 12-session program of flexibility, speed training, plyometric and agility training, athletes have the opportunity to gain a significant edge in their specific sport. This camp will provide detailed instruction and aggressive workouts designed to accomplish these goals. Our 1 hour sessions scheduled 3 times per week will include:

- ◆ Form Running/Speed Training
- ◆ Flexibility
- ◆ Agility
- ◆ Plyometric/Jump Training
- ◆ Nutritional advisement/
Hydration
- ◆ Refinement of skills applicable
to any sport

CAMP INSTRUCTOR

will be Randy Gibbs, NASE. Randy, a speed and agility expert as well as a member of the Mountain River Physical Therapy Sports Medicine staff, brings a wealth of experience from the professional and amateur arenas. This 10:1 athlete to coach ratio will ensure optimal teaching and training for the skills and conditioning necessary to develop explosive speed and agility. Our philosophy is based on providing time-efficient overall conditioning for athletic performance in a high intensity environment under safe conditions through professional instruction.

COST

Cost for full participation in 12 sessions of SPEED CAMP is:

- ◆ **Individual:** \$125.00
- ◆ **Group:** Team rates and special times available.

Contact Joe Leaman, MS, ATC

304-428-1703

Or

304-834-2614



REGISTRATION FORM

Please complete this form, read and sign the "Permission to Participate" form on the reverse.

Please detach along the dotted line and send with full payment to:

Mountain River Physical Therapy
1212 Garfield Avenue, Suite 200
Parkersburg, WV 26101
304-428-1703

INDIVIDUAL

Name _____

Age _____ Gender _____ Grade _____

Address _____

Sports team affiliation: yes no

If yes, what sport? _____

Phone _____ T-shirt size _____

Email _____

Payment Included: \$ _____

(Non-Refundable)

Health History

Indicate medical conditions experienced:

Asthma/EIB Concussion

Diabetes Chronic Illness

Allergies (explain) Medications

Bone/muscle injury Hospitalizations

Other (Explain) Surgeries

Please explain any "yes" answers.

www.mountainriverpt.com