Who Should Attend?
All Male and Female Athletes
Grades 6–12

Covered Topics
Principles & techniques of strength training
Flexibility session
Agility with speed ladder
Speed development
Plyometrics
Sports-specific drills
Nutrition session

Athletic Performance
Athletic Performance Training is dedicated to creating superb performance results for athletes. We stand by specific concepts as the basis for all our programs and services:

A personalized performance evaluation.
The improvement of ALL physical qualities is addressed.
The latest research, technologies, and methods in the field of human performance will be utilized.

For more information contact Coach Smith at 814-641-3502 or smithd@juniata.edu
2010 Strength & Speed Training Camp Registration

- **One Day** $35* (Advance Registration)
  *$40 for on site registration
- **Both Days** $60* (advance Registration)
  *$70 for on site registration

Contact Coach Smith for special group discount rates.

Name: ____________________________________________
Age: ___ Grade in Sept. 2011: ___ Sport: __________________________
Phone: ___________________ Cell: ______________________
Address: ____________________________________________
City: ___________________ State: ___ Zip: ____________
Email: _____________________________________________
Emergency Phone Number: _____________________________
Lunch will be provided. Please note any dietary restrictions.

Shirt Size (Circle one): Youth: S M L XL
Adult: S M L XL

Signatures on this registration form signify each parent or guardian has read, understands and abides by this information. I release and discharge Juniata College, and workers and employees, from all action, suits and demands whatsoever in law or in equity, including, but not limited to, the risk of injury from participating in camp and the risk of loss of personal property by theft or otherwise. I give permission to workers and employees to treat injuries sustained in camp and to assist participants. By signing this release, I understand and consent that my child(ren)’s photographs may be displayed in promotional media to be viewed by the general public. I consent to such uses and hereby waive all rights to compensation and any right to inspect or approve the finished product image, regardless of format.

Guardian’s Name: ______________________________________
Guardian’s Signature: __________________________________
Medical Insurance Carrier: ________________________________
Policy Number: _________________________________________

Registration Options
Online: www.juniata.edu/camps/youthstrength
Mail: Enclose this registration form and your check.

Juniata College
1700 Moore Street
Huntingdon, PA 16652-2196

For additional registration forms visit
www.juniata.edu/camps/youthstrength

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**What to Expect**

Learn drills to develop maximum speed and velocity

Decrease injury through strength training and conditioning

Learn the proper techniques to sports related movement skills to become a faster and more efficient athlete

Increase “core” strength to increase stability and power

Improve acceleration and deceleration to become a more agile athlete

Improve explosive power through plyometrics and medicine ball activities

Increase balance, power and flexibility before the warm up session ends

A fun exhilarating workout that will be different than anything you have experienced

**Areas To Be Covered**

- Balance and biomechanics of motion
- Explosiveness and flexibility
- Increasing linear speed
- Mobility and multi directional speed
- Start and first step quickness
- Reactivity and agility
- Strength and quickness
- Work capacity and vertical leap

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**Coaching Staff**

**Doug Smith**
C.S.C.S.

Currently is the Strength & Conditioning Coordinator at Juniata College

Has a Masters Degree in Exercise Science from the University of California Pennsylvania

Certified Strength & Conditioning Specialist by the National Strength & Conditioning Association

Has USA Weightlifting Federation Senior Level Coach Certification

Has National Academy of Sports Medicine Performance Enhancement Specialist Certification

Designs Strength & Conditioning programs for all sports at Juniata College including 8 National Championship Volleyball teams

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**Darin Thomas**
C.S.C.S.

Currently teaches in the Physical Education Department at the University of Notre Dame

Former Director of Strength & Conditioning at the University of Richmond for eight years

Designed the Strength & Conditioning program for football, basketball, baseball, and soccer at the University of Richmond

Certified Strength & Conditioning Specialist by the National Strength & Conditioning Association