

2010 PATCH CAMP

PERSONAL ATHLETIC
TRAINING CHALLENGE

Workout with Plyometrics, CONDITIONING & CORE TRAINING TO ENHANCE:

- agility • strength • endurance • acceleration • explosive power

BENEFITS ATHLETES FROM ANY SPORT

- each camp held Monday–Friday for 2 weeks
- train 2 hours each morning
- pre- & post-testing measures results

CENTRALLY LOCATED AT ST. JOSEPH'S HOSPITAL, BREESE

- utilize the HealthPlex facility and fitness track
- located north of the hospital along Jamestown Road
- sidewalks to facility from Breese Northside Park

HIGH SCHOOL SPORT-SPECIFIC CAMP:

Work to attain peak performance during IHSA "dead week!" This camp provides 2 weeks of sport-specific conditioning for athletes planning to play high school sports during the '10-'11 season.

OPEN CAMP 1 — ALL ATHLETES JUNIOR HIGH THRU COLLEGE

Mon-Fri, June 7–18 from 7–9 am

OPEN CAMP 2 — ALL ATHLETES JUNIOR HIGH THRU COLLEGE

Mon-Fri, June 28–July 9 from 7–9 am (no camp July 5)

SPORT SPECIFIC CAMP 3 — HIGH SCHOOL ATHLETES ONLY

Mon-Fri, July 26–August 6 from 8–10 am (combine with Camp 1 or 2 for optimum results!)



Sign up today!

To be guaranteed a t-shirt, complete this form and submit it with payment by May 7!
Questions? Call Marion at 526-5630.

Registration Form

Athlete's Name _____

Circle Sex: M F Birthdate ___/___/_____

2010-II Grade _____

2010-II School _____

List all Sports _____

Shirt Sz: Child __M, __L
Adult __S, __M, __L, __XL

Home Address _____

City _____ Zip _____

Home Phone _____

Cell Phone _____

Email Address _____

Parents/Guardians _____

Parent's Day Phone _____

Mark the camps you will attend:

___ CAMP 1 - OPEN
June 7–June 18 from 7:00–9:00am

___ CAMP 2 - OPEN
June 28–July 9 from 7:00–9:00am

___ CAMP 3 - SPORT SPECIFIC H.S.
July 26–Aug 6 from 8:00–10:00am

Registration fee is \$120. Attend two camps for \$175 (same athlete). Call (618)526-5630 for information on family or team discounts. Deliver form and fees to HealthPlex or mail to:

AthletesAdvantage
St. Joseph's Hospital
PO Box 99
Breese, IL 62230

