

2009 PATCH CAMP

PERSONAL ATHLETIC
TRAINING CHALLENGE

Workout with Plyometrics

CONDITIONING & CORE TRAINING TO ENHANCE:

- agility • strength • endurance • acceleration • explosive power

BENEFITS ANY TYPE OF ATHLETE FROM ANY SCHOOL:

- each camp held Monday–Friday mornings for 2 weeks
- meet 2 hours per day: early 7–9am or late 9:30–11:30am
- pre- & post-testing measures results

NEW! HIGH SCHOOL SPORT-SPECIFIC CAMP:

A great place to workout 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 ‘09-’10 season.



OPEN CAMP 1 — ALL ATHLETES

HIGHLAND MIDDLE SCHOOL TRACK

Mon-Fri, June 15–26 A. 7:00 to 9:00am B. 9:30 to 11:30am

OPEN CAMP 2 — ALL ATHLETES

ST. JOSEPH’S HEALTHPLEX TRACK (north of the Breese hospital on Jamestown Road)

Mon-Fri, July 6–17 A. 7:00 to 9:00am B. 9:30 to 11:30am

SPORT SPECIFIC CAMP — HIGH SCHOOL ATHLETES ONLY

ST. JOSEPH’S HEALTHPLEX TRACK (combine with Camp 1 or 2 for optimum results!)

Mon-Fri, July 27–August 7
8:00 to 10:00am



Sign up today!

Registration Form

Athlete _____

Sex: **M** **F** Birthdate ___/___/_____

2009-10 Grade _____

School _____

Sports _____

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

Home Address _____

City _____ Zip _____

Home Phone _____

Cell Phone _____

Email _____

Parent/s/Guardian _____

Day Phone _____

All Camps are open to all schools. I will attend:
Camp 1-Open Camp from June 15–June 26
___ Session A-Highland 7:00–9:00am
___ Session B-Highland 9:30–11:30am

Camp 2-Open Camp from July 6–July 17
___ Session A-HealthPlex 7:00–9:00am
___ Session B-HealthPlex 9:30–11:30am

Camp 3-High School Sport from July 27–Aug 7
___ HealthPlex 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.

To be guaranteed a t-shirt, submit this form by May 6 with fees payable to St. Joseph’s Hospital, Breese, or mail it to:
Athletes Advantage
St. Joseph’s Hospital HealthPlex
PO Box 99
Breese, IL 62230

