

TEAM BREWER Peak Performance Camp

TEAM BREWER Peak Performance Camp is a three day sports camp integrating athletes of all sports at Brewer High School. This sports camp focuses on the athlete as a whole and the necessary ingredients for peak performance common in all sports: core strength, speed, agility, flexibility as well as the proper mind-set/attitude and nutrition needed to train and compete at your best. TEAM BREWER Peak Performance Camp is a unique opportunity to learn from various coaches in the Brewer Athletic Department as well as to unite as one group enhancing the athletes' overall experience at Brewer High School. Don't miss this unique opportunity!

CAMP SCHEDULE

June 21

Day 1: 7:30–7:55am Registration in Brewer High School Cafeteria
8:00–8:25am Dynamic Warm-up (Coach Rand, Varsity Cross Country)
8:30–11:00am Three Stations (45 minutes each)
Team Building–(Coach Savage, Varsity Boys' Soccer)
Eat to Compete/Nutrition–(Coach Cahill, Varsity Swimming & Diving)
Safe Lifting/Upper Body Strength–(Coach Farnham, Varsity Football)

June 22

Day 2: 7:45–7:55am Arrival at Brewer High School Cafeteria
8:00–8:25am Dynamic Warm-up (Glendon Rand, Varsity Cross Country)
8:30–11am Three Stations (45 minutes each)
Sports Psychology/Mind-Body Connection–(Coach Cahill, Varsity Swimming & Diving)
Flexibility for Speed–(Coach Nickerson, Varsity Girls' Basketball)
Everybody Lifts! Lower Body Strength–(Coach Farnham, Varsity Football)

June 23

Day 3: 7:45–7:55am Arrival at Brewer High School Cafeteria
8:00–8:25am Dynamic Warm-up (Coach Rand, Varsity Cross Country)
8:30–11am Three Stations (45 minutes each)
Peak Performance Guidelines–(Coach Cahill, Varsity Swimming & Diving)
Healthy Bodies/Core Strength–(Coach Farnham, Varsity Football)
Speed & Agility–(Coach Goodwin, Varsity Boys' Basketball)

REGISTRATION INFORMATION

You must pre-register for the TEAM BREWER Peak Performance Camp by *Friday June 11, 2010*. Please fill out this registration form and turn it in to the Main Office at Brewer High School. If you are an incoming freshmen we strongly encourage you to participate in this camp and get to know many of your new teammates. The TEAM BREWER Peak Performance Camp is free for all Brewer Athletes.

Athlete 's Name: _____

Class: _____

Phone Number (in case of emergencies): _____

Sports Played: _____

Please list all food allergies: _____

Parental Consent

I, _____, individually as a parent and guardian of the above minor, _____, do hereby give my consent of her/his participation in said program and further release the City of Brewer, Brewer High School, its inhabitants, agents, or employees from all claims, demands, or charges on account of any injuries to persons or property that may result by virtue said minor's participation in said program.

Parent Signature

Athlete's Signature