



2010 Optimum Performance Basketball Strength & Conditioning Camp

Session I – July 26-29
9:00AM - 4:00PM

Session II – August 2-5
9:00AM - 4:00PM

Daily Schedule

8:30-9:00AM

Check-in

9:00-10:00AM

Stretch & Conditioning

10:00-11:30

Basketball Specific Skills

11:30-12:00

Speed & Agility Drills

12:00-12:45

Lunch (bring your own)

12:45-1:00

Warm-up Stretching

1:00-2:30

Weight Training

2:30-4:00

Team Basketball Drills

Optimum Performance will be offering two weeks of basketball specific strength and conditioning camps for middle school and high school athletes. The first week will take place from July 27-30, 2010. The second week will take place from August 2-5, 2010 at Bloomington Kennedy High School.

Our camps will combine on court drills, conditioning, and off court weight training. The camps focuses on developing you into a better basketball player, therefore, we combine fundamental basketball skills with strength, agility, power, flexibility, mobility, and stability training.

The coaching staff will **test** and **push** you for the upcoming season. Our coaches have a long history of basketball experience, accomplishments, and extensive training history. Our head coaches for the camp will be a Certified Strength and Conditioning Specialist (CSCS) and high school varsity coaches. This ensures you are getting top level coaching and the highest expertise in physical training. Each player will be provided with an individual progression chart that works on improving their inner athlete.

We all have exceptional ability inside us, it time to start using YOURS!!!

LOCATION:
Kennedy High School
9701 Nicollet Avenue So
Bloomington, MN 55101

Camps are open for boys and girls
7th to 12th grades

REGISTER NOW! OR CALL US 612-387-2624

Registration Form – Please complete and return to:

Optimum Performance
10606 173rd Street West
Lakeville, MN 55044

Registration Fee \$150

Deadline July 23

Registration fee at the door is \$165

Name _____ Male/Female _____ Grade next Fall _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ (H) _____ (W/C)

Parent/s _____ E-mail _____

I, the undersigned, authorize enrollment and submit that my son/daughter is physically fit to participate in strenuous athletic activity. I hereby release, hold harmless, discharge and agree not to sue Kennedy High School, Perkins Player Development LLC, Reggie Perkins, Quintin Johnson, Tony Wilson, Athleticism, its directors, officers, employees, coaches, officials, volunteers, agents, sponsors, advertisers, owners/leaser of premises for all liability from my son/daughter(s) participation in these strenuous athletic activity. I also understand Optimum Performance retains the right to use for publicity and advertising photographs and video taken of the participants.

Parent or Guardian Signature _____ Date _____