



Sports Conditioning Camp

Three 4-Week Sessions Starting June 7, 2010

Goal

This 4-week conditioning camp is designed to help youth athletes improve their personal athletic performance, develop better conditioning habits that will help prevent sport-specific injuries, and learn to work with their team in a supportive and competitive environment.

In 4 weeks, coaches and athletes will see a **measurable improvement** in the athlete's:

- Cardiovascular endurance and stamina;
- Strength, power, and speed; and
- Flexibility, coordination, agility, and balance.

Overview

- Initial and final benchmark assessment to show measurable improvements
- Two 90-minute team training sessions per week
- 4-week camp session with a total of 8 training sessions
- Programs can be customized to meet team's specific conditioning needs

Training Format

Each training session will be split into 3 conditioning stations, with a Sculptor Fitness instructor supervising and facilitating each station to ensure proper form, technique, and safety. Teams will spend 30-minutes at each station during a session to ensure a comprehensive conditioning challenge.

- **Station #1 - Cardiovascular Conditioning and Injury-Prevention Exercises**
This station provides a combination of cardio conditioning that may include running, spinning, and jumping rope—as well as using equipment like the rowing machine, versa climber, and renegade rope— and also exercises for core strengthening, posture alignment, joint stability, and flexibility training.
- **Station #2 - Crossfit Strength Training**
This station provides constantly-varied, high-intensity, functional movement. Focus starts on weight-bearing exercise mechanics with consistency in those movements, and then adds the intensity. Athletes progress to add medicine balls, kettlebells, free weights, push-/pull-ups, gymnastic rings, rope climbing, and Olympic lifts.
- **Station #3 - Outdoor Obstacle Course**
This station utilizes an outdoor obstacle course that is designed to challenge athletic agility, balance, coordination, speed, and power, while also encouraging teamwork.

Cost

\$1,600 + tax per team

****Register by May 20 and get a 10% discount****

Sessions and Time Availability

Note: Only one team per time slot.

1st Session - June 7, 2010 to July 1, 2010			
Days	Start Time	End Time	Available
M, W - 6/7, 6/9, 6/14, 6/16, 6/21, 6/23, 6/28, 6/30	4:00 pm	5:30 pm	Yes
M, W - 6/7, 6/9, 6/14, 6/16, 6/21, 6/23, 6/28, 6/30	4:30 pm	6:00 pm	Yes
M, W - 6/7, 6/9, 6/14, 6/16, 6/21, 6/23, 6/28, 6/30	5:00 pm	6:30 pm	Yes
M, W - 6/7, 6/9, 6/14, 6/16, 6/21, 6/23, 6/28, 6/30	5:30 pm	7:00 pm	Yes
M, W - 6/7, 6/9, 6/14, 6/16, 6/21, 6/23, 6/28, 6/30	6:00 pm	7:30 pm	Yes
M, W - 6/7, 6/9, 6/14, 6/16, 6/21, 6/23, 6/28, 6/30	6:30 pm	8:00 pm	Yes
T, Th - 6/8, 6/10, 6/15, 6/17, 6/22, 6/24, 6/29, 7/1	4:00 pm	5:30 pm	Yes
T, Th - 6/8, 6/10, 6/15, 6/17, 6/22, 6/24, 6/29, 7/1	4:30 pm	6:00 pm	Yes
T, Th - 6/8, 6/10, 6/15, 6/17, 6/22, 6/24, 6/29, 7/1	5:00 pm	6:30 pm	Yes
T, Th - 6/8, 6/10, 6/15, 6/17, 6/22, 6/24, 6/29, 7/1	5:30 pm	7:00 pm	Yes
T, Th - 6/8, 6/10, 6/15, 6/17, 6/22, 6/24, 6/29, 7/1	6:00 pm	7:30 pm	Yes
T, Th - 6/8, 6/10, 6/15, 6/17, 6/22, 6/24, 6/29, 7/1	6:30 pm	8:00 pm	Yes
2nd Session - July 5, 2010 - July 29, 2010			
Days	Start Time	End Time	Available
M, W - 7/5, 7/7, 7/12, 7/14, 7/19, 7/21, 7/26, 7/28	8:00 am	9:30 am	Yes
M, W - 7/5, 7/7, 7/12, 7/14, 7/19, 7/21, 7/26, 7/28	8:30 am	10:00 am	Yes
M, W - 7/5, 7/7, 7/12, 7/14, 7/19, 7/21, 7/26, 7/28	9:00 am	10:30 am	Yes
M, W - 7/5, 7/7, 7/12, 7/14, 7/19, 7/21, 7/26, 7/28	9:30 am	11:00 am	Yes
M, W - 7/5, 7/7, 7/12, 7/14, 7/19, 7/21, 7/26, 7/28	10:00 am	11:30 am	Yes
M, W - 7/5, 7/7, 7/12, 7/14, 7/19, 7/21, 7/26, 7/28	10:30 am	12:00 pm	Yes
M, W - 7/5, 7/7, 7/12, 7/14, 7/19, 7/21, 7/26, 7/28	11:00 am	12:30 pm	Yes
T, Th - 7/6, 7/8, 7/13, 7/15, 7/20, 7/22, 7/27, 7/29	8:00 am	9:30 am	Yes
T, Th - 7/6, 7/8, 7/13, 7/15, 7/20, 7/22, 7/27, 7/29	8:30 am	10:00 am	Yes
T, Th - 7/6, 7/8, 7/13, 7/15, 7/20, 7/22, 7/27, 7/29	9:00 am	10:30 am	Yes
T, Th - 7/6, 7/8, 7/13, 7/15, 7/20, 7/22, 7/27, 7/29	9:30 am	11:00 am	Yes
T, Th - 7/6, 7/8, 7/13, 7/15, 7/20, 7/22, 7/27, 7/29	10:00 am	11:30 am	Yes
T, Th - 7/6, 7/8, 7/13, 7/15, 7/20, 7/22, 7/27, 7/29	10:30 am	12:00 pm	Yes
T, Th - 7/6, 7/8, 7/13, 7/15, 7/20, 7/22, 7/27, 7/29	11:00 am	12:30 pm	Yes
3rd Session - August 2, 2010 - August 26, 2010			
Days	Start Time	End Time	Available
M, W - 8/2, 8/4, 8/9, 8/11, 8/16, 8/18, 8/23, 8/25	8:00 am	9:30 am	Yes
M, W - 8/2, 8/4, 8/9, 8/11, 8/16, 8/18, 8/23, 8/25	8:30 am	10:00 am	Yes
M, W - 8/2, 8/4, 8/9, 8/11, 8/16, 8/18, 8/23, 8/25	9:00 am	10:30 am	Yes
M, W - 8/2, 8/4, 8/9, 8/11, 8/16, 8/18, 8/23, 8/25	9:30 am	11:00 am	Yes
M, W - 8/2, 8/4, 8/9, 8/11, 8/16, 8/18, 8/23, 8/25	10:00 am	11:30 am	Yes
M, W - 8/2, 8/4, 8/9, 8/11, 8/16, 8/18, 8/23, 8/25	10:30 am	12:00 pm	Yes
M, W - 8/2, 8/4, 8/9, 8/11, 8/16, 8/18, 8/23, 8/25	11:00 am	12:30 pm	Yes
T, Th - 8/3, 8/5, 8/10, 8/12, 8/17, 8/19, 8/24, 8/26	8:00 am	9:30 am	Yes
T, Th - 8/3, 8/5, 8/10, 8/12, 8/17, 8/19, 8/24, 8/26	8:30 am	10:00 am	Yes
T, Th - 8/3, 8/5, 8/10, 8/12, 8/17, 8/19, 8/24, 8/26	9:00 am	10:30 am	Yes
T, Th - 8/3, 8/5, 8/10, 8/12, 8/17, 8/19, 8/24, 8/26	9:30 am	11:00 am	Yes
T, Th - 8/3, 8/5, 8/10, 8/12, 8/17, 8/19, 8/24, 8/26	10:00 am	11:30 am	Yes
T, Th - 8/3, 8/5, 8/10, 8/12, 8/17, 8/19, 8/24, 8/26	10:30 am	12:00 pm	Yes
T, Th - 8/3, 8/5, 8/10, 8/12, 8/17, 8/19, 8/24, 8/26	11:00 am	12:30 pm	Yes

The Coaches

Dan Bergquist

I have been coaching children's sports for 5 years, developing young players in basketball, soccer and baseball. As a coach of younger athletes, I focus on laying a strong foundation of skills and character to help ensure future athletic success. Teaching young players how to train and play hard as individual athletes and as part of team, while still making sure the experience of sports and physical fitness are positive, are absolutely critical in the early stages of developing a strong athlete. Balance, eye-hand coordination, and the vision to see the passing and scoring opportunities are key skills I look to develop early in young athletes that I coach.

Bryan Schulle

I have been involved in athletics my entire life and am blessed that my current job affords me the luxury of working with young athletes as a high school teacher and coach. I teach World History to sophomores and also serve as an assistant coach for both the football and boys' basketball teams at Oak Harbor High School. I also spent seven years as a high school head varsity boys' basketball coach.

My goal as a coach is to challenge every player to perform at their highest level. Each of us is capable of pushing ourselves a bit harder than we can imagine, and I feel it is my responsibility to help young athletes learn to do that.

Certifications and Experience

- M.A., Educational Leadership, University of Phoenix
- Secondary Teaching Certificate, Central Washington University
- International Sports Science Association (ISSA) Certified Personal Trainer
- Washington Interscholastic Activities Association (WIAA) Compliant High School Coach
- CPR/First Aid/AED Certification
- 19 years as a high school and middle school coach (football, basketball)