

.....

## *A Note for Parents and Athletes:*

Dear Parents and Athletes,

Want your child to learn the best techniques in all the following areas? **The SSP Camp** will work on:

- Injury prevention (Fall athletic season has the highest injury rate!)
- Speed
- Education
- Strength
- Power
- Balance
- Agility
- Mental Preparedness
- Vision

The SS&P Camp is a serious, professionally run camp that is outcome based through functional progressive training. Pre- and post-testing will be done to demonstrate the effectiveness of this program.

Sign up for the 7:30 or 9:00am sessions and should your schedule change, you may come to any session in any location!!

### The Top Form **Boot Camp:**

Just as it says..an intense one /two week camp designed to get student athletes in shape prior to their busy pre-season! Fun, crazy and more..athletes will find the Boot Camps challenging for both mind and body.

Be sure to check us out online at  
[www.topform.us](http://www.topform.us)



81 Miller Road  
Castleton, NY 12033  
[www.Topform.us](http://www.Topform.us)

**TOP FORM, INC.**

# **TOP FORM, INC.**



## **Top Form Summer Series: Now Offering 2 Differing Camps**

### **Speed, Strength & Power Camps**

*July 8- Aug 1 @ Maple Hill HS*

*July 15-Aug 8@ Averill Park HS*

*July 8- Aug 1 @ Ichabod Crane HS*

### **Boot Camps**

*July 29-Aug 8 @ Pre-Season Boot  
Camp Chatham HS*

*July 29-Aug 8 @ Pre-Season Boot  
Camp Maple Hill HS*

*July 29-Aug 8@ East Greenbush  
Town Park*

**Call: 855-Get-Int**

[www.topform.us](http://www.topform.us)

## This Year's Staff

The **SS&P Camp** is run by both Certified Athletic Trainers as well as Certified Strength and Conditioning Specialists.

- ▶ Ron Annis, ATC, CSCS, Level One Olympic Development Coach

Mr. Annis is the Owner/President of Top Form, Inc. A company created to service youth fitness! As an Athletic Trainer and Strength and Conditioning Specialist he has worked with High School, Division I, and International athletes, and would like to bring his experiences and knowledge to local athletes.

- ▶ Josh Rivers, Chris Faulkner, Adam Rozniewski, Katie Simon, Sara Cipperly, Rebecca Smith, Meaghan Smith



Students from ANY district may attend ANY camp!

## Camps/Dates/Times

### SSP Camp Dates/Places:

July 8- Aug 1 @ Maple Hill HS

July 15-August 8 @ Averill Park HS

July 8-Aug 1 @ Ichabod Crane HS

Times: M-Th 7:30-9:00am, or 9:00-10:30am

Place: Meet at HS Track Daily then will use Track and Weight Room

Ages: 11 years and up  
 Cost: \$175, 4 weeks  
 \$160, any 3 weeks  
 \$150, any 2 weeks  
 (All sessions available at any location)

35% off second child,  
 third free!

### Boot Camp Dates/Places:

July 29-August 8 @ Chatham HS

July 29-August 8 @ Maple Hill HS

July 29-Aug 8 @ East Greenbush Town Park

Times: M-Th 7-8:15pm

Place: HS Track Daily/EG Town Park

Ages: 11 years and up

Cost: \$45 One Week, \$80 for 2 weeks

## Registration Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell \_\_\_\_\_

Emergency Contact/Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Circle Camp/Place/Time:

SSP CAMP Maple Hill HS: 7:30 am 9:00am

SSP CAMP Averill Park HS: 7:30am 9:00am

SSP CAMP Ichabod Crane: 7:30am 9:00am

Boot CAMP Chatham HS: 7-8:15pm

Boot CAMP Maple Hill: 7-8:15pm

Boot Camp East Greenbush Town Park:  
 7-8:15pm

We/I the parent(s) of \_\_\_\_\_

certify that he/she has had a physical within the past year.

We/I also understand that with any intense camp/exercise regime, injury is a possibility.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

[Send Check and Registration Form to: \(Payable/Attention\)](#)

Top Form Inc. 81 Miller Road Castleton, NY 12033

477-2700

**SSP  
 Camps**

