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. <u>Pre- and post-testing</u> 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







81 Miller Road Castleton, NY 12033 www.Topform.us

TOP FORM, IT

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-InIt

www.topform.us

This Year's Staff

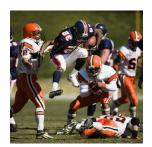
The **SS&P Camp** is run by both Certified Athletic Trainers as well as Certified Strength and Conditioning Specialists.

► 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







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

35% off sec-

Ages: 11 years and up

ond child,

Cost: \$175, 4 weeks

third free!

\$160, any 3 weeks \$150, any 2 weeks

(All sessions available at any location)

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

Students from ANY district may attend ANY camp!

Registration Form

Name:		A	ge:
Address:			
City:			
State:Zip Code:			
Home Phone:		Cell	
Emergency Contact/Phor	ne:		
Email:			
Circle Camp/Plac	e/Time:	<u>.</u>	
SSP CAMP Maple Hill HS:	7:30 am	9:00am	SS
SSP CAMP Averill Park HS:	7:30am	9:00am	Camp
SSP CAMP Ichabod Crane:	7:30am	9:00am	o will p
Boot CAMP Chatham HS:	7-8:15pm		A) A) IEI
Boot CAMP Maple Hill:	7-8:15pm	C	AMD
Boot Camp East Greenbush	h Town Parl	k:	7
7-8:15pm			
We/I the parent(s) of			
certify that he/she has had a ph	nysical within	the past year.	
We/I also understand that with	any intense o	amp/exercise	
regime, injury is a possibility.			
Parent Signature:		Date:	
Send Check and Registratio	n Form to : (F	Pavable/Atten	tion)

Top Form Inc. 81 Miller Road Castleton, NY 12033

477-2700