

**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



TOP FORM, INC.



Top Form Summer Series: Now Offering 2 Differing Camps

Speed, Strength & Power Camps 2017

July 5-27 @ Maple Hill HS

July 5-Aug 27@ Averill Park HS

Boot Camps

July 31- Aug 10@ Ichabod Crane HS

July 31-Aug 10@ Maple Hill HS

July 31-Aug 10@ Averill Park

Call: 477-2700

www.topform.us

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

TOP FORM, INC.

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.

- ▶ Jason Taylor, BS, ATC, CSCS
- ▶ Jake Davis, BS, Exercise Science



Camps/Dates/Times

SSP Camp Dates/Places:

July 5-27 @ Maple Hill HS

July 5-27 @ Averill Park 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 31-August 10 @

- Averill Park
- Ichabod Crane
- Maple Hill

Times: M-Th 7-8:15pm

Place: HS Track

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

Boot CAMP Ichabod Crane HS: 7-8:15pm

Boot CAMP Maple Hill: 7-8:15pm

Boot Camp Averill Park HS: 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**



Students from ANY district may attend ANY camp!