

Registration

Camp Dates: July 6-9, 2009

Shirt Size: S M L XL XXL

Name: _____

Address: _____

Phone: _____

Email: _____

DOB: _____ Age: _____

Emergency Contact Information:

Name: _____

Phone: _____

Insurance: _____

Policy #: _____

Plan #: _____

I hereby authorize Archbishop Spalding High School Camp staff to provide and if necessary seek emergency medical attention for my child/ward in the event of a medical problem while attending this camp. By signing below, I also waive and hold harmless, Archbishop Spalding High School, Camp staff, and its signatories from any liability in the event my child/ward were to become injured while attending this camp.

Signed: _____

Printed: _____

Date: _____

Make checks payable to ASHS.
Return registration and \$50 deposit to:
Archbishop Spalding High School
C/O Rob McBride
8080 New Cut Road
Severn, MD 21144

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8080 New Cut Road
Severn, MD 21144



Strength & Conditioning Summer Camp



Archbishop Spalding High School

About the Camp

Speed, agility, power and strength are the cornerstones for any athletic endeavor regardless of the sport. This camp will help athletes improve in these areas and provide a fundamental foundation from which the athletes can build as they pursue their athletic careers.

Speed

Athletes will have instruction in various activities to improve their speed. Techniques such as form running and resistance running will be taught. Combining power and speed techniques will help cross train the athlete and better prepare them for competition.

Agility

Athletes who compete in sports that necessitate a higher degree of coordination will be taught a variety of training tools to improve not only hand-eye coordination, but foot-eye coordination and overall footwork for competition. Athletes will work on agility ladders, hurdles, and cone drills all aimed at improving reaction timing and rapid decision making while running.

Power & Strength

Athletes will be trained in basic plyometric and strength training activities that will help them increase power and strength not only in the lower body, but also the upper body. Core stabilization will be emphasized to promote safe training. The plyometric and strength training will be age appropriate and supervised by instructors.

Video/Film of Technique

To help maximize learning for the participants, we will film some drills to help breakdown technique and help fine tune skills.

Information & Itinerary

Camp Dates

July 6-9, 2009 6:00-7:30pm

Camp Fee's

The total cost for the camp is \$125. A deposit of \$50 must accompany this application. This deposit is non-refundable after June 30, 2009. The balance is due at camp registration. Tuition includes registration fee and camp T-shirt.

**On site registration will be \$140*

**\$10 OFF IF YOU ENROLL
BEFORE JUNE 5, 2009.**

What To Bring

- Participants will need athletic shoes and attire.
- Water will be available.

Camper to Counselor Ratio

There is a 10:1 ratio to maximize the individualized attention the attendees deserve.

Contact Information

Rob McBride: 410-969-9105 x 259

mcbrider@archbishopspalding.org

T.J. Morgan: 410-969-9105 x 250

morgant@archbishopspalding.org

Schedule

6:00-6:10	Arrival
6:10-6:30	Warm up & Stretching
6:30-7:20	Daily Activity Stations
7:20-7:30	Stretches & Dismissal

Camp Staff

Rob McBride, CSCS



Rob is the Head Strength and Conditioning Coach at Spalding. He is a Certified Strength & Conditioning Specialist through the National Strength and Conditioning Association.

His strength, speed and conditioning experience come from a variety of levels. Rob coached football at Western Maryland College and ran the off-season conditioning program. From there he worked as a Strength & Conditioning Coach at the Cal Ripken Jr. Acceleration center where he trained athletes from the NFL, MLB, NCAA, and Major League Lacrosse. Rob lettered in Football at Western Maryland College, now McDaniel College. He is in his 6th year at Spalding.

T.J. Morgan



TJ, has a Master's Degree and is an NATABOC certified athletic trainer for Spalding.

He also holds a Performance Enhancement Specialist Certification from the National Academy of Sports Medicine and an IWA Strength Training Specialist Certification. He has worked in many different settings including professional and collegiate athletics. His current job requires prevention and treatment of athletic injuries at Spalding. In coordination with Rob, he creates strength and conditioning programs for teams that request them. He has been certified for 11 years and has worked for ASHS for 7 years. T.J. is a 1996 Graduate of Salisbury University and 1998 graduate of West Virginia University.