



2010 EAP Sports Camp Information & Registration Form

Staff Credentials

Demathdian Tate C.S.C.S.

- Director of Elite Athletic Performance
- BS Northwestern State University
- 6 years Sports Specific Experience with LA Dodgers
- NJCAA All American Baseball
- Northwestern Letter winner in Football & Baseball

Cole Lueders

- BA Fitness Management – Wartburg College
- Wartburg Football Team
- North East HS Football Team
- 2x All District Running Back
- 2x State Qualifier Wrestling

Overview

This program is based upon successful and innovative training techniques that have been used to help players maximize their abilities from youth to the professional level. Every athlete will be given a training packet with resistance training exercises, speed and agility drills, and nutrition information to help maximize results and develop an understanding of strength and conditioning.

This camp is designed for ages 8 and up and will focus on improving each athlete's speed/agility, core strength, flexibility, linear speed, and overall strength. Each camp participant will undergo a pre/post assessment to aid in measuring their individual improvement over the training period. The assessment includes: Height/Weight, Body Fat Measurements, and a NFL combine testing for speed and agility including L-drill, agility shuttle, 40yd dash, and vertical jump. All pre assessment testing will be done during the first session.

Camp Dates

Session 1: June 7th – June 30th – Monday & Wednesday @ 8:00 am - 9:15 am

Session 2: July 19th – August 11th – Monday & Wednesday @ 8:00 am – 9:15 am

**More times may be added based upon the number of athletes enrolled.*

Cost

Session 1 (May 30th Deadline): \$145.00 for members and \$160.00 for non-members

Session 2 (July 1st Deadline): \$145.00 for members and \$160.00 for non-members

Camp Contact Info: Demathdian Tate C.S.C.S

Cell (515)402-7638, Work (515)278-2582, Email: dtate@aspensporting.com

Registration Form – Please complete and turn in with your payment, keep the above portion for your reference.

ASPEN Athletic Clubs EAP Sports Camp 2010 Date _____ Session _____

Camper Name _____ Age _____ Grade _____

ASPEN Member **Y** or **N** Amount Paid _____ Chk# _____ Cash Charge Credit

Parents Name: _____ Phone Number(s) _____

Parental Liability Waiver/Signature

The undersigned acknowledges that participating in the Aspen Athletic Clubs EAP Sports Camp is voluntary and by signing this waiver I authorize my child to participate. I hereby release Aspen Athletic Clubs, LLC. its staff from any and all liability whatsoever, including all claims, demands, or causes of action of every nature which arise out of or are in any way connected with the EAP Sports Camp.. The undersigned agrees that the above-mentioned parties shall be held harmless in the event of an accident causing damages or loss of property or injury to the undersigned. I have read the foregoing Release, understand its terms and freely and voluntarily sign the same.

Parents Signature Date

Parents Name Printed

