

General Release Form

Statement of Understanding & Release of Liability

By signing below, I hereby authorize Impact Sports Training LLC, and the University of Wisconsin - Superior to act for me, my child (full name) _____ or guest in an emergency and hereby release and agree to indemnify Impact Sports Training LLC, and the University of Wisconsin - Superior, their coaches, and their employees, and other participants from any liability for any injuries or illness, losses, or damages sustained while I, the above minor, or guest are involved or participating in any Impact Sports Training LLC or the University of Wisconsin - Superior program or training session. I further understand that attending a program of this kind can involve risk of injury. I accept full responsibility for my and the above mentioned participant's medical bills, if any, and all other associated expenses as a result of injuries or illness sustained while any of the said persons are in attendance. The above mentioned person is attending this program at his/her own risk.

Athlete Signature (if over 18)

Date

Parent/Guardian Signature (if under 18)

Date

Print - Athlete/Parent/Guardian Name

Please return Enrollment and General
Release Form by June 13th, 2008

Mission: To educate and motivate athletes to become the strongest, fastest, and best conditioned athletes possible, thus providing the ability to maximize athletic potential for sport.

The training sessions that will be conducted are specifically designed to enhance strength, speed, power, agility, reaction, coordination, balance, body awareness, core strength, and flexibility for youth sports. Keep in mind that these athletic qualities just mentioned are synonymous with, and can be applied to any sport, yet the program will be designed to address the specific energy demands and movement patterns required for team sports at the youth level. Athletes will be in an environment where they will feel safe trying new skills and movements, and experience short term failure to achieve long term success by challenging their current abilities.

A key element to success as an athlete is being able to move more efficiently and effectively than your opponent. Athletes will learn how to move from point A to point B in less time while expending less energy, resulting in quicker and more efficient athletes. As a scientifically minded strength and conditioning coach, I realize that an athlete's true potential for success cannot be reached until the nervous system has been programmed to work at its optimum. Too often in the field of athlete performance, strength coaches and athletes undermine the importance of the nervous system and focus only on the training of individual muscles. Too often athletes are trained in a manner that focuses on the amount of work performed rather than the quality and purpose of it. We will focus on the training of functional movement patterns for sport, thus developing faster, stronger, and more proficient athletes.

Please direct all questions regarding the camp to:

Chris Bell - chris@impactsportstraining.com

call 341-6214

IST
IMPACT SPORTS
TRAINING

YOUTH DEVELOPMENT



Strength & Conditioning
Summer 2008

Located at:

Wessman Arena
Superior, Wisconsin

IMPACTSPORTSTRAINING.COM

Chris Bell – Camp Director



Chris Bell, of **Impact Sports Training**, currently works with hundreds of local high school and collegiate athletes, and serves as the Assistant Coach for the UW-Superior Men's Hockey Team. Chris served for two years as the Co-Director of Strength and Conditioning at PerformanceONE Athletic Development

in Columbus, Ohio, as well as the Head Strength and Conditioning Coach for the Columbus Destroyers of the Arena Football League.

In 2003, Chris worked for the United States Olympic Committee at the Olympic Training Center in Lake Placid, New York and trained athletes from both winter and summer sports. In addition to Olympic athletes, Chris has trained athletes from the NHL, NFL, NFL-Europe, and MLB, and has served as a lecturer and strength coach for USA Hockey.

Chris played hockey for four years at the University of Wisconsin-Superior, which included three Frozen Four appearances. Chris earned his Bachelors degree in Exercise Science from the University of Wisconsin-Superior and earned his Masters degree in Exercise Physiology from The College of St. Scholastica. Chris is certified by the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist (CSCS), certified by the American Society of Exercise Physiologists as a Board Certified Exercise Physiologist (EPC) as well as being certified by USA Weightlifting as a Club Coach (USAW).

Camp Purpose

The purpose of this camp is to physically prepare the athlete for the demands required of them for the upcoming season. We focus on educating and exposing young athletes to training methods that will enhance their athleticism for any sport.

The camp is structured so that each week speed and agility enhancement will be addressed, as well as other critical components such as strength, power and flexibility. Athletes will utilize training methods such as resistance training and plyometrics

that will help to improve line of force production, speed of movement, balance, stability and endurance.

Athletes are expected to arrive with proper exercise attire and shoes, and to have eaten at least a snack prior to the session. Parents, please do not drop athletes off more than 10 minutes before scheduled time and pick up athletes within 5 minutes of the session ending.

Camp Goals

1. **Injury Prevention** by strengthening muscles, tendons, ligaments and bones.
2. Increase **Speed** and **Power** Production
3. Train and Develop the **Energy Systems** used in team sports
4. Transfer the physical improvements into the **Sports** you play
5. Increase **Lean Muscle Mass**
6. Maximize your **Athletic Potential**

Tuesday, Wednesday, Thursday

9:30 am – 10:30am

JUNE 17th – AUGUST 7th

Limited to 12 athletes!!

8 WEEKS - \$240

Please direct all questions regarding the camp to:
Chris Bell - chris@impactsportstraining.com

call 341-6214

Sports Prep Camp Enrollment Form

Participant Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Parent or Guardian: _____

Emergency Contact Phone: _____

Emergency Contact Name: _____

Email: _____

Team: _____

School: _____ Birth Date: _____

Medical information/restrictions: _____

Send Enrollment Form and Payment to:

Impact Sports Training, LLC
4217 West 5th Street
Duluth, MN 55807

Please make checks payable to:
Impact Sports Training LLC