

REGISTRATION FORM

Name: _____
Age: _____
Address: _____
High School: _____
Home Phone Number: _____
Shirt Size: S _____ M _____ L _____ XL _____ XXL _____

Please return back page with \$100 registration fee by May 13, 2019
Registration form and fee must be sent together.

Make checks payable to St. Francis Memorial Hospital.

Camp Times: West Point session is Mon/Wed/Fri **7:00—9:00**

Waiver And Release

I _____ hereby waive and release any and all claims, demands, and causes of action which I may have, or anyone may have through me against St. Francis Memorial Hospital Rehabilitation, and/or _____ School for any injuries that I may incur arising out in any way at the School during the following dates of June 3, 2019 through July 12, 2019. I further understand and acknowledge that neither St. Francis Memorial Hospital Rehabilitation nor the School shall have any responsibility or liability for lost, damaged or stolen personal property. I hereby grant Franciscan Care Services the right and authority to photograph, film and/or record my vocally. These records may be used for promotional or publicity purposes and may be published in mass media publications, on the Franciscan Care Services intranet or internet sites, or shown on television or movie presentations. The patient's and family's name may be used. This release is effective until revoked in writing by the undersigned.

Participant: _____ Date: _____
Signature of Parent _____
Or legal Guardian: _____
(if participant is a minor)

2019 SPORTS

ENHANCEMENT PROGRAM

June 3, 2019 thru July 12, 2019

Presented by:

Terry Nelson, PT, DPT - Doctor of Physical Therapy
Jeff Kirchmann, PT, DPT, CSCS - Doctor of Physical Therapy,
Certified Strength and Conditioning Specialist
Jamie Ridder, PT, DPT - Doctor of Physical Therapy
Michael Schutte, PT, DPT - Doctor of Physical Therapy
Kelly Blanc, PT, DPT - Doctor of Physical Therapy
Tim Jacobsen, PT, CSCS - Registered Physical Therapist,
Certified Strength and Conditioning Specialist
Christine Hutchinson, PT, DPT - Doctor of Physical Therapy
Delayna Minnick, PTA - Registered Physical Therapy Assistant
Sierra Pieper, PTA - Registered Physical Therapy Assistant
Jill Mortensen, PTA - Registered Physical Therapy Assistant
Lisa Miserez, PTA - Registered Physical Therapy Assistant
Cheryl Steffen, PTA - Registered Physical Therapy Assistant
Carrie Maryott, PTA - Registered Physical Therapy Assistant



St. Francis Memorial Hospital

Rehabilitation

430 N Monitor
West Point, Ne 68788

CAMP MISSION

Speed, Quickness, Agility, and Power are common terms in athletics, but how do we develop them?

Our camp is designed to teach these skills to student athletes from grades 7 through 12 in a program that can be used year- round.

Most sports are explosive by nature but many athletes' conditioning programs are not based on explosive drills. They are not training with the specificity needed to improve competitive skills. Our program has been designed to help the student-athlete develop these skills to their fullest potential.

GOALS OF CAMP

1. **Reduce** the number of injuries that athletes incur
2. **Increase** the understanding and importance of incorporating flexibility and injury prevention to optimize athletic performance
3. **Educate** athletes and coaches on all aspects of strength and conditioning
4. **Utilize** strength training and conditioning test protocols to improve results
5. **Give** athletes and coaches information and school testing results that they can use to develop year round conditioning programs
6. **Help** athletes reach their full potential

CAMP STAFF

The camp will be run by Physical Therapists, Physical Therapy Assistants from St. Francis Memorial Hospital Rehabilitation.

CAMP FORMAT

This is a six week camp running from June 3rd, 2019 to July 12, 2019. There will be three sessions per week with each session running approximately 1 1/2 -2 hours in length. Each session will be broken down into three training periods. Athletes will be grouped by age and development.

CAMP COST

The cost of the camp is \$100 per athlete and includes camp T-shirt, water bottle, and pre/post camp testing.

GENERAL INFORMATION

1. 15 to 1, athlete to staff ratio.
2. We will only use basic equipment (cones, etc.) so that this program can be transferred and reproduced at your school.
3. Testing procedures will be simple so that they will be easy to reproduce at your school.
4. Athletes will work hard, this is not designed just for fun.
5. Camps will be run outdoors unless affected by weather.
6. Football and soccer cleats can be worn when outside due to many drills being performed on a grass surface.
7. Awards based on performance, attendance, etc will be given at the end of camp.

Registration on reverse side