



Asheville Physical Therapy

Balance · Orthopedics · Sports Performance

www.AshevillePhysicalTherapy.com

Increase Your Speed!!!



June 27-30

July 11-14

July 25-28

Aug 8-11

Ages: 10 – 13

9:00 – 10:30 am

Ages: 14 – 18+

4:00 – 5:30 pm

Early Registration Discount: \$69!

Registration after June 10th: \$99



Contrary to popular belief, **speed is not limited by genetics.**

I have worked with hundreds of athletes from every sport imaginable and at every level of competition (including elite high school, collegiate, and professional), and **it is extremely rare for me to find an athlete who is operating even remotely close to their potential.**

Few athletes have been coached on how to properly align their body so that they can move as explosively as possible and to decelerate safely and quickly.

Instead they have been left to figure this out on their own. Unfortunately only a handful of athletes actually get it “right.”

In fact, some of the most successful athletes make the BIGGEST mistakes in their sprinting mechanics. They have gotten by on pure athleticism. Just imagine what they could if they did things the right way!

So what about you? **Do you sprint, stop, or change direction with perfect mechanics? Or do you have room for improvement?**

My experience has been that about 90% of all athletes perform basic foundational sports movements such as performing a side shuffle or a crossover step incorrectly. Most have never given any thought as to what is the best way to stop when moving forwards or laterally. They just do what they always do. Even worse, many athletes have been taught techniques by a ‘speed expert’ that actually make them run slower.

I am constantly reading the research to make sure that what I am teaching is correct and up to date. I teach nationally on the topic of “speed, agility, and quickness training” to hundreds of athletes, coaches, physical therapists, and athletic trainers every year. My passion is to help athletes be the best that they can be and I want to share this knowledge with you!

Whether you are a struggling athlete who wants to make your sports team or are an elite athlete who wants to completely dominate your competition, I can help you reach your goals!

In my speed camp, **you will learn how to perfect your technique and perform drills to improve your acceleration, deceleration, agility, strength, flexibility, and explosive power.**

I work with both individual athletes and local teams. (Local teams that I have worked with in the past include Christ School boys basketball, Carolina Day girls basketball, Montreat College men's and women's soccer, Warren Wilson College women's soccer, HFC/ ABYSA, TC Roberson girls soccer, Owen football, Enka football, and the Asheville Rugby Team...just to name a few.)

This is an opportunity for you to get the same level of high quality, intensive training that these athletic groups get. If you purchased a single 90 minute training session with me, it would cost \$120. My summer camp allows you to get 4 days of expert coaching for only \$69.....almost half the cost of a single training session!

We are offering **one-week intensive speed camps** to children ages 10-13 and 14-18+. The camp runs **Monday – Thursday, 1 ½ hours per session** during the weeks of **June 27-30, July 11-14, July 25-28, and Aug 8-11.**

This year I am adding something new to the camp. I am giving my summer speed camp participants the opportunity to purchase additional individual training sessions at a reduced price. You can sign up for either an additional one or two training sessions at a cost of \$60/hour rather than my normal \$80/hour. These sessions can be used either prior to or after the summer camp. During this time, a more personalized prescription can be made for your specific needs to help you become the best that you can be.

The summer speed camp is held both indoors and outdoors in South Asheville at Asheville Physical Therapy, located in Nettlewood Professional Park.

Class size is limited to 10 participants for the younger age group and to 14 participants for the older age group. I will not be able to overbook the camp this year so sign up immediately if you are interested!

Your space is reserved once your paperwork and payment is received.



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Summer Speed Camp 2011 Registration:

Athlete's Name: _____ Gender: M / F Age: _____

Athlete's School: _____

Address: _____

City: _____ State: _____ Zip: _____

Parent's Name: _____

Parent's Email Address: _____

Athlete's Email Address (if you want them to receive emails from us): _____

Parent's Phone: _____

Training Session (check one):

June 27-30: _____ July 11-14: _____ July 25-28 _____ Aug 8-11: _____ AM session / PM session (circle one)

Registration for speed camp (before June 10th): \$69

Registration for speed camp (after June 10th): \$99

Add one individual training session \$60

Add two individual training sessions \$120

Total _____

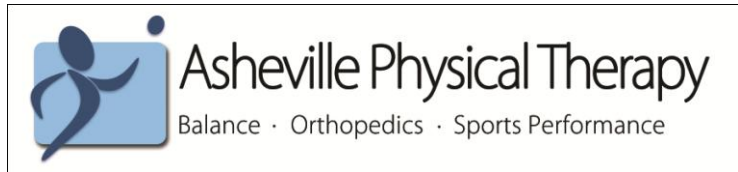
Sports/ Activities that your child participates in: _____

Training Goals: _____

Please make check payable to: Asheville Physical Therapy. Credit card payments can also be accepted over the phone at 277-7547. Your spot for the camp is reserved once we receive paperwork and payment

**Send payment, registration form, and signed liability waiver to: Asheville Physical Therapy
76 Peachtree Road, Suite 204
Asheville, NC 28803**

For additional information contact Brian Lawler at 828-277-7547 or at brianlawler@juno.com.



Disclaimer of Liability

The participant in attending the Summer Speed Camp and using the facilities at Asheville Physical Therapy and Forest Ridge, LLC, does so at his/her own risk. The participant and/or the participant's parent/guardian acknowledge that the Training Program is an active, physical program and that injuries may occur. Asheville Physical Therapy, and its staff, shall not be liable for any damages to person or property of the participant during the program. The participant and his/her parent/guardian shall assume full responsibility for any damages to person or property, which may occur to the participant during the program and hereby fully and forever exonerate and discharge Asheville Physical Therapy and Forest Ridge, LLC, and its staff, its owners, employees, and agents, from any and all claims, demands, damages, rights of action or causes of action, present or future, whether the same be known, anticipated or unanticipated, resulting from or arising out of the participant's participation in the training sessions and in the use of facilities. The participant and/or parent/guardian also agrees to defend, indemnify, and hold harmless Asheville Physical Therapy and Forest Ridge, LLC, and their owners, employees, and agent from any and all losses claims, penalties, demands, expenses or costs, including court costs and attorneys' fees, arising from the participant's voluntary participation in the training sessions and in the use of facilities.

I grant permission to Asheville Physical Therapy to reproduce any photographs taken of me, or members of my family, for the purpose of publication, promotion, illustration, advertising, or trade, in any manner or in any medium.

Signature of participant: _____

Name of participant: _____

Signature of parent/ guardian (if under age of 18): _____

Date: _____