

Oregon State Sports Performance



Beaver Fall Developmental Camp

Where: Sports Performance Center

Tuition: 5 weeks \$135

Make Checks Payable To: **OREGON STATE COACHES CLINIC**

For **CREDIT CARDS** visit www.beaverperformance.com and click 2009 Performance Camps

MAXIMUM NUMBER OF ATHLETES: 50

More Information:

timothy.rabas@oregonstate.edu

541 207 2634

Tuition Includes: Instruction of proper training techniques and use of OSU athletic facilities

Coaches:

Timothy A. Rabas CSCS USAW: Oregon State University Sports Performance Coach

Brendon C. Ziegler CSCS, USAW: Oregon State University Sports Performance Coach

Clete M McLeod MS CSCS USAW USTF: Oregon State University Sports Performance Coach

OUR GOAL FOR YOU

Provide a safe fun training atmosphere!

To provide properly supervised training to meet the competitive demands of interscholastic sport.

Reduce the occurrence of injury as well as increase individual athletic performance through:

- x Thorough dynamic warm-up emphasizing flexibility and increased joint range of motion.
- x Progressive core training of abdominals, lower back, and hips.
- x Ground based free weight training with a focus on functional strength and power development.
- x Proficient use of Olympic weight training.
- x Introduction to Acceleration/Change of direction training
- x Practical conditioning at every session

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Session 1 9-Nov 600 pm	Session 4 16-Nov 600 pm	Session 7 23-Nov 600 pm	Session 10 30-Nov 600 pm	Session 13 7-Dec 600 pm
Session 2 11-Nov 600 pm	Session 5 18-Nov 600 pm	Session 8 24-Nov 600 pm	Session 11 2-Dec 600 pm	Session 14 9-Dec 600 pm
Session 3 12-Nov 600 pm	Session 6 19-Nov 600 pm	Session 9 25-Nov 600 pm	Session 12 3-Dec 600 pm	Session 15 10-Dec 600 pm

Name

Current Grade

Home Address

Competitive sport(s)

City/State/Zip

Home Phone

Email Address

RETURN REGISTRATION TO:

Oregon State S&C Athletic Performance Camp
114 Gill Coliseum
Corvallis, OR 97331

FAX Registration to 541 737 8374

Billing Questions - Please Contact Kathy Proffitt @ 541 737 8785

www.beaverperformance.com