

# Oregon State Sports Performance



## Beaver Fall Developmental Camp

**Where:** Sports Performance Center

**Tuition: 8 weeks \$216**

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

For **CREDIT CARDS** visit [www.beaverperformance.com](http://www.beaverperformance.com) and click 2010 Performance Camps

MAXIMUM NUMBER OF ATHLETES: 75

**More Information:**

[timothy.rabas@oregonstate.edu](mailto: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	WEEK 6	WEEK 7	WEEK 8
<b>Session 1</b> 11-Jan 630 pm	<b>Session 4</b> 19-Jan 630 pm	<b>Session 7</b> 25-Jan 630 pm	<b>Session 10</b> 1-Feb 630 pm	<b>Session 13</b> 8-Feb 630 pm	<b>Session 16</b> 15-Feb 630 pm	<b>Session 19</b> 22-Feb 630 pm	<b>Session 22</b> 1-Mar 630 pm
<b>Session 2</b> 12-Jan 630 pm	<b>Session 5</b> 20-Jan 630 pm	<b>Session 8</b> 27-Jan 630 pm	<b>Session 11</b> 3-Feb 630 pm	<b>Session 14</b> 10-Feb 630 pm	<b>Session 17</b> 17-Feb 630 pm	<b>Session 20</b> 24-Feb 630 pm	<b>Session 23</b> 3-Mar 630 pm
<b>Session 3</b> 14-Nov 630 pm	<b>Session 6</b> 21-Jan 630 pm	<b>Session 9</b> 28-Jan 630 pm	<b>Session 12</b> 4-Feb 630 pm	<b>Session 15</b> 11-Feb 630 pm	<b>Session 18</b> 18-Feb 630 pm	<b>Session 21</b> 25-Feb 630 pm	<b>Session 24</b> 4-Mar 630 pm

Name \_\_\_\_\_

Current Grade \_\_\_\_\_

Home Address \_\_\_\_\_

Competitive sport(s) \_\_\_\_\_

City/State/Zip \_\_\_\_\_

\_\_\_\_\_

Home Phone \_\_\_\_\_

\_\_\_\_\_

Email Address \_\_\_\_\_

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### 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](http://www.beaverperformance.com)