

To register, email the following information to:

Kyle Smink  
Certified Athletic Trainer

ksmink@yorkcatholic.org



or  
@IrishSportsPerformance

**1. Athlete information:**

Name  
Grade  
Sport(s)

**2. Parent/Guardian contact info:**

Name  
Phone Number  
Email

**3. Class Time Requested**

**Class Schedule**

Mon / Tues / Wed / Thurs

**Classes begin daily at**

**8:30 AM**

**Payment Information**

- **\$350** flat rate fee, not pro-rated
- 7 week session (56 hours total)
- Full payment must be received prior to 1st day of training
- Please make checks payable to: **Kyle Smink**

***Payment plans are available upon request***

*Any questions regarding the program, please send correspondence to the above listed email address.*

**REALIZE YOUR FULL  
POTENTIAL...**

*Improved performance  
**will be noticed** in all who  
participate with this intense  
training program.*

**TRAIN LIKE  
A CHAMPION  
EVERY DAY**

*This camp is not operated by York Catholic High School*

# IRISH



**Sports  
Performance  
Camp**

**2018 Summer Registration**

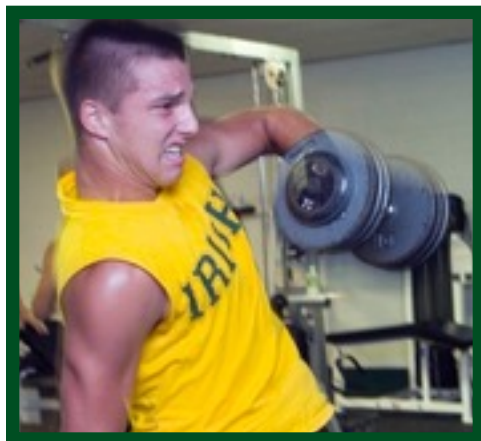
**June 11th through July 26th**

## CAMP MISSION

To provide athletes of all ability levels between **grades 9 - 12** with functionally integrated performance training in an atmosphere that fosters confidence and self-esteem.

## GOALS & OBJECTIVES

- ✓ Teach the fundamental concepts of exercises as they apply to self-improvement
- ✓ Decrease incidence for injury in sporting or recreational pursuits
- ✓ Instill good workout ethics
- ✓ Improve performance in athletic events or recreational sports



Nick Full, class of 2011

## EVENTS OF THE DAY

The first half of every session focuses on **improving the body's ability to move.**

- Flexibility
- Balance
- Coordination
- Footwork
- Acceleration / Deceleration
- Speed development
- Movement mechanics
- Strength and explosiveness
- Power generation
- Conditioning

The second half focuses on **functional strength training** to improve performance and prepare athletes for competitive sports

## HIGHLY STRUCTURED

With outlined progressions for every athlete...

**You will be coached on everything you do.**

## PROGRAM SPECIFICS

- ✿ *Workouts will last approximately two hours.*
- ✿ *Group times are booked on a first come - first serve basis and are restricted to a limited number of athletes to improve efficiency and athlete-to-coach ratio.*
- ✿ *All athletes should arrive 5 minutes before their scheduled workout time.*
- ✿ *Athletes are required to attend all sessions unless prior arrangements are made. **Any conflict due to vacation or sport specific summer camps is acceptable. This will not affect the overall outcome of the program.***
- ✿ *If, due to personal reasons, an athlete needs to attend a time other than the one originally assigned, a 24-hour notice is required.*
- ✿ *Any athlete found to be disruptive, uncoachable, or habitually absent will be removed from the program. No refunds will be given in these cases.*
- ✿ *Please bring an extra t-shirt, water bottle and a towel to each session.*

### Class Schedules:

Mon / Tues / Wed / Thurs  
**2 hours / session**

1st hour:  
*Speed / Agility / Flexibility*

2nd hour:  
*Functional weight training*