

2009



Training Clinic

Performance Training for Girls & Boys!

About the Workout

Our SPARQ training clinic is designed for athletes who want to improve their overall athleticism. We base our training around 3 principles; Skill (running mechanics, jumping, etc.). Drill (we then apply it) and then we make it Real (competition). This training clinic will give you information you need to take your game to the next level!

Dates: June 14th (Sunday)
Time: 10:00-11:30 (5th-8th grades)
12:00-2:00 (High School athletes)
Cost: \$30 (5th-8th grades)
\$35 (H.S.)
Site: Lewis & Clark College
(0615 S. W. Palatine road Portland, OR 97219)

Free camp T-shirt included!

Training Staff



Alex Molden, Sports Performance Specialist
Along with Division I and NFL experience, Alex is a sports performance trainer at Nike World Headquarters and holds a degree in Psychology, an International Sports Science Association certification, youth fitness trainer Certification from ISSA and is S.P.A.R.Q. Certified.



Henry Barrera, CSCS
Henry is a Nationally Certified Strength & Conditioning Specialist with an emphasis in developing speed, agility, and quickness in athletes of all sports. He was a three-time All-American collegiate basketball player as well as the 99-00 NCCAA National Player of the Year.

Camp Features

- Nationally certified coaches with favorable athlete-to-coach ratio
- Skills, drills and application that will involve Speed, Power, Agility, Reaction and Quickness
- Progressive and age appropriate strength and conditioning that applies to all sports
- Sport-specific drills to improve athletic performance

By Phone: 503-344-4619

Online at www.allstarperformanceathletics.com

Mail registration to: 1980 Willamette Falls Dr., suite 230 (pmb 298), West Linn, OR 97068

✂-----

NAME: _____ SCHOOL: _____ GRADE: _____

STREET ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____

PHONE: _____ E-MAIL: _____

Limited spots available! Don't wait sign up today!!!

\$30 (5th-8th grades) \$35 (H.S. athletes)

Release of Liability

My son/daughter is in good health and is able to participate in a vigorous sports program. He/she has no previous sickness, illness, disease or bodily injury that is contradictory to participation. We understand that All-Star Performance Athletics and/or Speed-4-Sport are not responsible for any physical injury that may occur during the course of training activities. I hereby, release, hold harmless, discharge and agree not to sue Speed-4-Sport, its directors, facilities, and coaches for all liability from athlete participation in this program. In the event that my child is injured I give my permission for such medical procedures as may be deemed necessary.

X _____ Date _____