

ATTENTION: KINGS WAY ATHLETES



A3 is holding it's annual
Summer Performance Camp beginning on:
Monday, June 18th
For All Middle School and High School Athletes

Each athlete will benefit from implementing a Performance Enhancement Program that is utilized in the Off-Seasons of Professional and Collegiate Athletes. A nutrition & supplementation class will also be conducted to help our athlete's facilitate their nutrition/supplementation needs throughout the in/off-seasons; dependent upon your genetic muscular structures, sizes, and positions. The camp will be overseen by Brad Packer who currently presides as the Performance Director for Advanced Athlete Academy. Coach Packer will be accompanied by an experienced staff of A3 Performance Coaches who are dedicated to helping athlete's achieve their goals.

The A3 goal is to provide athletes every opportunity to succeed in life by using their passion to participate and excel in athletics through advanced Performance Training concepts that are utilized at the Professional and Olympic levels.

\$140 registration fee is required per athlete, with checks made out to A3. Completed registration forms with payment (check, cash, or cashiers check) are to be submitted to Coach Harmeling, or Kristi Burton **PAYMENT AND REGISTRATION IS DUE NO LATER THAN JUNE 18th**. (Any special payment plans must be arranged by this date).

If you have any questions, comments, concerns, or special requests, please contact A3 via **email:** pack@traina3.com
We look forward to sharing an experience that will enhance your playing careers.

**A3 PERFORMANCE DEVELOPMENT
KINGS WAY CHRISTIAN**

KNIGHT STRENGTH

Dates and Times:

- JUNE 18 – AUG 9
- MONDAY – THURSDAY
- 12:00 - 2:00

Location:

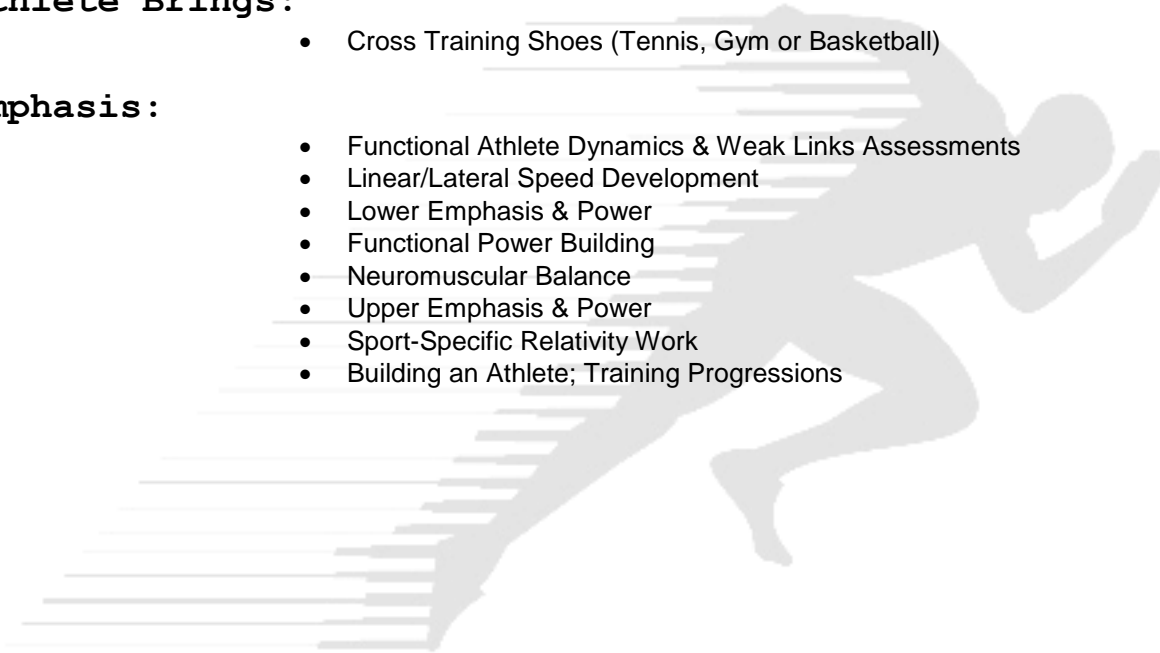
- King's Way High School (Weight Room, Gymnasium, Field)
- 3300 NE 78th St, Vancouver, Washington

Athlete Brings:

- Cross Training Shoes (Tennis, Gym or Basketball)

Emphasis:

- Functional Athlete Dynamics & Weak Links Assessments
- Linear/Lateral Speed Development
- Lower Emphasis & Power
- Functional Power Building
- Neuromuscular Balance
- Upper Emphasis & Power
- Sport-Specific Relativity Work
- Building an Athlete; Training Progressions



A3 PERFORMANCE ENHANCEMENT CAMP REGISTRATION & INSURANCE

NAME: _____ HIGH SCHOOL: KING'S WAY

GRADE: _____ POSITION: _____ HEIGHT: _____ WEIGHT: _____

ADDRESS/CITY/ZIP: _____

PHONE (H): _____ (Cell/Work): _____

E-MAIL: _____

EMERGENCY CONTACT: _____ PHONE: _____

SPECIAL MEDICAL CONDITIONS (Diabetic, Allergies, Medications, Injuries):

DOCTOR / HEALTH CARE PROVIDER: _____

INSURANCE PROVIDER: _____ PHONE: _____

CLINIC: _____ PHONE: _____

TRAINING FEES: \$140 DUE JUNE 18TH

I understand that my child will undergo rigorous physical training movements and agility drills that pose a risk of injury as with any form or duration of physical exercise. By signing below, I release the coaching and training staff of A3 and/or King's Way High School, of any and all liabilities in which case my child is injured throughout the duration of the A3 Performance Enhancement Camp at KWCHS on dates from June 18 – August 9, 2018. I understand that my child must be insured through my family insurance plan, and that A3 does not provide insurance for my child upon injury.

ATHLETE PRINT NAME: _____ DATE: _____

ATHLETE SIGNATURE: _____ DATE: _____

PARENT PRINT NAME: _____ DATE: _____

PARENT SIGNATURE: _____ DATE: _____

PREPARATION FOR THE
2018 LEAGUE TITLE
BEGINS ON JUNE 18TH



KNIGHT STRENGTH